

Fate Dumplings

Ingredients

75g Fate All-Purpose Mix, extra to shape

25g block margarine

Salt & pepper to season

35ml water

Method

1. Put the All-Purpose Mix into a bowl and rub in the block margarine until the mixture resembles fine breadcrumbs.
2. Stir in a little salt and pepper to season, and add the water. Using a metal spoon, mix well until the mixture is smooth.
3. Take about a teaspoon of mixture, and using a little extra All-Purpose Mix on your hands, roll into a ball. Put the shaped dumpling onto a plate while you shape the remainder of the dumplings mixture.
4. To cook, make sure your low protein stew is cooked and simmering well.
5. Take the dumplings and gently place them on top of the stew in the saucepan. Do not stir in.
6. Put a lid on the pan and leave to cook for about 5 minutes. They will have risen and be light and fluffy.
7. Serve the dumplings and the stew straight away.

This recipe was provided by Fate low protein foods