

Ham & Leek casserole with dumplings (serves 2)

This is a good hearty casserole and can be adapted to suit individual tastes. The gammon and chicken stock cube can be replaced with extra vegetables and vegetable stock to make it vegetarian. The barley is a substantial component of this dish and gives it plenty of texture and volume. The dumplings in this recipe can also be adapted and the dairy products can be replaced with vegetable suet and herbs. If you have oat or barley flour available then some of the self-raising flour for the dumplings can be substituted with these.

Ingredients

100g gammon joint or steak, raw, chopped	160g leeks, chopped
8g (2 tsp) olive oil	500ml chicken stock
120g pearl barley, uncooked	½ teaspoon dried thyme
150g butternut squash, chopped	pinch of black pepper
1 clove of garlic	

Dumplings

20g self-raising flour
20g barley or oat flour
¼ teaspoon baking powder
15g butter
15g cheddar cheese, grated
¼ teaspoon dried parsley
pinch of black pepper
1 tablespoon of water

Method

1. Heat a large pan over a medium heat. Add the olive oil and fry the gammon for 5 minutes.
2. Add the leeks and garlic and fry for a few more minutes until they are softened.
3. Add the barley, butternut squash, thyme, pepper and chicken stock.
4. Simmer for 25 minutes or until the barley is nearly tender.
5. In a bowl mix the flour, baking powder, butter, cheese, parsley and pepper.
6. Add 1 tablespoon of water and mix together to form a dough, add more water if needed.
7. Roll the dough into small walnut size dumplings.
8. Add these on top of the casserole and cook for a further 10-15 minutes before serving.

Nutrition information

Per 100g	Energy	Fat	Saturates	CHO	Sugars	Protein	Fibre	Salt
	545kJ 130kcal	4.5g	1.8g	16.0g	1.2g	4.8g	3.2g	0.5g
Per Serving	Energy	Fat	Saturates	CHO	Sugars	Protein	Fibre	Salt
425g	2315kJ 552kcal	19.1g	7.5g	68.1g	5g	20.2g	13.6g	2.20g

Oat/Barley content

60g

of barley per portion

