
Steak and Dumplings

**1.5 LB. CUBED STEAK, CUT INTO 1" WIDE
PIECES.**

SELF-RISING FLOUR

SALT

PEPPER

ONION POWDER

ROASTED GARLIC POWDER (BIDIA)

MEDIUM ONION, CHOPPED.

3 CUPS BEEF STOCK

5 CUPS WATER

2 TBSP. BEEF BOUILLON GRANULES

(OR 1 TBSP. DALE STEAK SEASONING)

DUMPLINGS

Make dumplings (page 53) first and have them handy. In a large skillet preheat 1" of vegetable or corn oil on medium heat. Add chopped onion and fry until golden brown. Take out and set aside.

In a large pot put in your bouillon, water, and stock and cover. Bring it to a boil. While you are waiting on the stock to boil cut your steak into pieces and place in glass pie plates. Sprinkle steak with salt, pepper, onion, and garlic powder. Now coat it well with flour by pressing it on well with fingers. Drop a test piece of steak into skillet and when it sizzles well drop the rest. In other pot -Drop dumplings in broth when it comes to a good boil. Add fried steak & onions, cover, and simmer for 10 minutes before serving.

Dumplings

2 CUPS SELF RISING FLOUR
1/4 CUP SHORTENING
MILK

Put flour in bowl and blend shortening into flour with blending fork until they are in pea-size pieces. Add milk 1/4 cup at a time and mix. Once mix pulls all flour off bottom of bowl stop adding milk. Put out onto floured surface and knead a lot of flour into it. Knead at least 10-12 times. Roll out thin (about 1/4") and pick up the whole sheet of dough.



IMPORTANT: *They are ready to cut when you pick up the sheet and it doesn't tear immediately from your hands when holding it up.*

Cut out dumplings and sift flour over the top of them and place in mixing bowl to drop into broth.