

Hearty Tripe and Herb Dumpling Stew

A rich and comforting stew featuring tender beef tripe simmered in a savory broth, accompanied by fluffy herb-infused dumplings that soak up all the delicious flavors.


90 min

Total time

Medium

Difficulty

450

kcal / serving

Ingredients

- 150g cleaned beef tripe
- 1 small carrot, diced
- 1/4 onion, chopped
- 1 clove garlic, minced
- 250ml beef or vegetable broth
- 1 tsp olive oil
- Salt and pepper to taste
- For the dumplings:
- 50g all-purpose flour
- 1/4 tsp baking powder
- Pinch of salt
- 1 tbsp chopped fresh parsley
- 30ml milk
- 1 tbsp melted butter

Steps

- 1 Rinse the tripe thoroughly and cut into bite-sized pieces.
- 2 Heat olive oil in a pot over medium heat and sauté onion, garlic, and carrot until softened.
- 3 Add the tripe to the pot and cook for 5 minutes, stirring occasionally.
- 4 Pour in the broth, season with salt and pepper, and bring to a boil. Reduce heat and simmer covered for 1 hour or until tripe is tender.
- 5 Meanwhile, prepare the dumpling dough by mixing flour, baking powder, salt, and parsley in a bowl.
- 6 Stir in milk and melted butter until a soft dough forms.
- 7 Once the tripe is tender, drop spoonfuls of dumpling dough onto the simmering stew.
- 8 Cover and cook for another 15 minutes until dumplings are cooked through.

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Adjust seasoning and serve hot.