Tomato and Bean Skillet with Cheddar Dumplings

2 generous servings, each with 4 small dumplings · Active 20 min · Total 55 min

Skills: Confident beginner

Ingredients

- 1 tablespoon olive oil (15 ml), divided
- 1 small onion, finely diced (100 g)
- 1 can crushed tomatoes (14 oz/400 g)
- 1 can cannellini beans (15 oz/425 g), drained and rinsed to yield about 1 1/3 cups (240 g)
- 1 cup water (240 ml)
- 1 teaspoon dried oregano (1 g)
- 1/2 teaspoon fine salt (3 g), divided
- 1/4 teaspoon black pepper (0.5 g)
- 1 cup plus 2 tablespoons all-purpose flour (150 g)
- 2 teaspoons baking powder (8 g)
- 1/2 cup grated sharp cheddar (60 g)
- 1/3 cup plus 1 tablespoon milk (95 ml)

Set out

Deep 10-inch (25 cm) skillet with tight lid, at least 2 1/2 inches (6 cm) deep, Mixing bowl, Two spoons, Instant-read thermometer

Allergens

Wheat, Milk. Check labels and substitutions.

Make it

1. Heat 2 teaspoons of the oil in the skillet over medium heat. Cook the onion for 6–7 minutes until soft. Add the tomatoes, beans, water, oregano, half the salt and the pepper. Simmer uncovered for 10 minutes, stirring; the sauce should remain loose.

2. Just before adding the dumplings, mix the flour, baking powder, remaining salt and cheddar in the bowl. Stir in the milk and remaining oil to make a soft dough. Do not knead.

3. Check the sauce is gently simmering, adding 2 tablespoons (30 ml) water if it has reduced until thick and dry. Use two spoons to divide the dough into 8 roughly equal mounds on the sauce, leaving small gaps between them.

4. Cover tightly, reduce to low and cook for 16–20 minutes without opening the lid during the first 16 minutes. Split a central dumpling: it must have no raw dough and should reach 165°F/74°C. If needed, cover and cook for another 3–5 minutes.

5. Divide the beans, tomato and dumplings between two bowls and serve immediately.

A lid is essential equipment

Use a pan with a properly fitting lid. An uncovered skillet cannot supply the steady trapped steam this topping needs; save the recipe for when the right pan is available.

A useful detail

These are steamed dumplings. Pale tops are expected; adding more heat will not brown them under a lid and may burn the sauce.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat covered with a splash of water until the sauce and dumpling centers reach 165°F/74°C. Dumplings soften in storage. Carry chilled with two cold sources and refrigerate at work.