

2/25/17

IRISH STEW



Ingredients:

3	Tablespoons	Butter
2	Cups	Potato, cubed (about 1 pound)
1	Medium	Onion, peeled and chopped large
2	Cups	Carrots, peeled and sliced thick
2	Medium	Parsnip peeled and sliced
1½	Pounds	Lamb, cut into ½-inch cubes
3	Tablespoons	A.P. Flour
¼	Teaspoon	Salt
⅛	Teaspoon	Black Pepper
4	Cups	Vegetable (or Lamb) stock

Directions:

1. Melt the butter in large skillet or 6 quart dutch oven. Toss meat with flour, salt and pepper.
2. Add meat to pot and saute on medium-high until browned. Add 2 cups stock, scraping up browned bits. Reduce heat to medium-low and simmer, uncovered for 45 minutes.
3. Add vegetables and remaining 2 cups stock to pot and simmer, uncovered until liquid is reduced to a thick sauce and meat and vegetables are very tender, about 45 minutes.
4. Serve over Colcannon, if desired.