

IRISH STEW



Ingredients (serves 4 people):

- 1 kg lamb, cubed
- 1 large carrot, chopped
- 2 leeks, sliced
- 1 kg red potatoes, quartered
- 2 sprigs thyme
- 1.5 L lamb stock
- 30 g unsalted butter
- Salt to taste
- Black pepper to taste
- Chives chopped to taste
- Parsley chopped to taste

Preparation:

1. Melt 30 g of butter in a pan over medium high heat.



2. Once melted, add 1 kg of lamb cut into 2 cm cubes, and brown on all sides.
3. Once brown, remove the meat and reserve.
4. In the same pan add two sliced leek, and a chopped carrot.
5. Sauté the leeks and carrots until tender and browned, then add the meat back in.
6. Add a sprig of thyme, and allow that to get fragrant.
7. Then add 1 kg of quartered red potatoes.
8. Season well with salt and pepper.
9. Then add 1.5 liters of lamb or other stock.
10. Bring to a simmer, and once foam rises to the surface, skim it off until clear.
11. Cover and cook for 2hrs or more.
12. Serve with a sprinkling of chives or parsley.