

Irish Stew

Cold and miserable days call for comfort food. And Irish stew has to be up there with one of the best. I love this kind of cooking, a one-pot wonder with simple ingredients but o so good.



Serves: 6

Prep Time: 20 minutes

Rest/Marinate Time: 0

Cooking Time: 2 hours 30 minutes

Ingredients

- 700 g of diced lamb.
- 1 heaped tablespoon of flour.
- 1 tbsp of fresh thyme leaves.
- 300 g of baby onions, left whole.
- 3 medium carrots, roughly chopped.
- 1 swede, roughly chopped.
- 1 leek, roughly chopped.
- 400 g baby/new potatoes, leave small ones whole cut big ones in half.
- 2 bay leaves.
- ½ a cabbage, roughly shredded.
- 1 handful fresh parsley, roughly chopped.
- 1 litre of lamb stock.

Method

- In a large casserole dish over a high heat add a splash of oil and brown off the lamb with a pinch of salt and pepper, then place to one side.
- Add another splash of oil followed by the fresh thyme, onions, carrots, swede, leeks and season. Let the veg fry for 3-5 minutes then return the lamb with the potatoes, bay leaves add the flour and give it a good mix.
- Add the stock, you want enough to cover then bring to a boil, turn the heat right down and simmer for 2 hours or till everything is nice and tender. For the last 10 minutes add the shredded cabbage. When done check for seasoning and sprinkle with lots of parsley.