

Irish Lamb Stew



Ingredients:

3 pounds lamb shoulder* (stew meat), cut into 1 1/2-inch pieces
1/3 cup flour
2 tablespoons olive oil
12 ounces stout (beer)
2 cups peeled and sliced carrots, cut into 1/2-inch coins
2 cups yellow onions, cut into chunks
2 cups celery, cut into 1/2-inch slices
3 cups peeled Yukon Gold potatoes, cut into 2-inch chunks
1 tablespoon minced garlic

6-9 cups lamb or beef stock

Several sprigs of rosemary
Several sprigs of thyme
1 cup quick cook barley, optional

Chopped parsley, optional garnish

*A bit of fat attached lends tenderness and flavor.

Directions

1. Season lamb with kosher salt and freshly ground pepper and coat all sides with flour, shaking off excess. In a heavy-bottomed pan or Dutch oven, heat oil to medium high. Sear lamb, in batches, so the lamb browns in a single layer, and it is golden brown on all sides. Remove and reserve.
2. Deglaze pan with a slosh of beer, whisking bottom and sides of pan to remove accumulated brown bits. Reduce heat to medium and stir in carrots, onion and celery. Simmer until just tender, adding a tablespoon of beer, when needed, to keep the vegetables from sticking to the bottom of the pan.

3. Return lamb to pot and stir in potatoes and garlic; stir in beer and 4 cups stock. Tie rosemary and thyme into a bundle and place in liquid. Simmer 1-2 hours on medium-low heat, occasionally stirring, or until potatoes can be pricked with a fork, but are not falling apart. Stir in additional stock as needed to thicken the stew to desired consistency. Stir in barley, if using, and continue cooking until barley is tender, about 20 additional minutes.
4. Remove twine and herb stems from stew. Serve sprinkled with chopped parsley, if using.