

Irish Stew

Serves 6

Ingredients

750g diced stewing lamb
100g of butter
4 onions, sliced
450g potatoes, peeled and diced into 2.5cm cubes
1 clove of garlic
1 bouquet garni – a bundle of herbs tied together with string
1.5L chicken stock
175g of carrot, diced
6 stems of celery, diced
225g of savoy cabbage, shredded
Salt and pepper to season
2 teaspoons of parsley

Method

1. Cover the lamb with cold water and bring to the boil. Drain off the water and refresh the lamb again in cold water, drain again and set aside.
2. Melt the butter in a large braising pan and add the sliced onions, half the diced potatoes and the garlic. Add the bouquet to the pan and sweat for 2 minutes.
3. Add the lamb and pour over the chicken stock, bring to a simmer, cover and cook for 30 minutes. The meat will be half cooked and the potatoes will start to break down and puree.
4. Add the diced carrot and continue to cook for a further 10 minutes, then add the remaining potatoes and diced celery and cook for 15-20 minutes.
5. At this stage you do not want to puree the potatoes any further. Add the cabbage and cook for a further 2-3 minutes until the meat and vegetables are tender.
6. Season and finish with chopped parsley. Enjoy with a warmed, crusty slice of sourdough bread.