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Irish Stew

This recipe feeds about 4 hungry adults.

Ingredients

- 2 tbsp oil
- 500 g shallots, peeled
- 2 – 3 carrots, chopped into chunks
- 1.3 kg diced lamb
- 2 bay leaves
- a few sprigs of thyme
- salt and pepper
- 900 ml lamb stock
- 1 tbsp Worcestershire sauce
- 1.5 kg potatoes, peeled and quartered
- a few sprigs of parsley, chopped



Directions

- Pre-heat the oven to 180/C or 160/C fan.
- Heat the oil in a large, ovenproof pot. Saute the onion and carrots for a couple of minutes then set aside.
- In the same pot, brown the meat (in batches if necessary) and set aside. Now layer the meat and vegetables in the pot with the thyme and bay leaves and make sure to season with salt and pepper between each layer.
- Mix the stock with the Worcestershire sauce and add it to the pot. Put the potatoes on the top of the dish, cover with a lid and cook in the oven for about 2 hours or until the meat is tender.
- When the dish is cooked you can set aside the meat, vegetables and potatoes and skim the remaining juices for fat. Season and pour over the vegetables, meat and potatoes, sprinkle with chopped parsley and serve.

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