

Traditional Irish Stew

Kimberly Killebrew

This traditional Irish Stew is made with simple ingredients but the end result is an incredibly flavorful and robust stew that will nourish both body and soul.



5 from 4 votes



PREP TIME

10 mins

COOK TIME

3 hrs

TOTAL TIME

3 hrs 10 mins



COURSE

Main Course

CUISINE

Irish



SERVINGS

6

CALORIES

546 kcal

INGREDIENTS

- 1 1/2 pounds boneless lamb (from shoulder or neck) or mutton (e.g., shoulder or neck), cut into bite-sized pieces
- 1 tablespoon oil or lard for frying
- 2 tablespoons unsalted butter
- 2 tablespoons all-purpose flour
- 2 large carrots , peeled and cut into 1/2 inch chunks
- 2 ribs celery , sliced
- 1 medium yellow onion , chopped
- 1 parsnip (or turnip or rutabaga), diced
- 2 pounds starchy potatoes (e.g. Russets) , peeled and cut into 1 inch pieces
- 3 cups quality beef broth
- 1 1/2 teaspoons sea salt
- 1/2 teaspoon freshly ground black pepper
- 1 bay leaf

- 3 tablespoons chopped fresh parsley plus extra for garnish

INSTRUCTIONS

1. Preheat the oven to 250 degrees F.

Heat some oil in a large pan and generously brown the lamb on all sides. Be careful not to over-crowd the pan and work in batches as needed. Transfer the lamb to a plate.

In the same skillet, melt the butter and add the flour. Whisk together to combine and continue whisking for a few minutes or until the mixture turns a rich brown color. Add the broth, whisking continually. Simmer until slightly thickened. Set aside.

2. In a heavy stock pot or Dutch oven melt another tablespoon or two of butter over medium-high heat and add the vegetables except for the potatoes. Cook until starting to soften, about 5 minutes. Add the browned lamb, potatoes, parsley, bay leaf, salt and pepper. Pour in the beef broth and stir to combine.

Place the pot on the middle rack of the oven and cook, covered, for 2 1/2 to 3 hours or until the meat is very tender. Add more salt and pepper to taste.

Serve garnished with some chopped parsley. Some crusty bread and/or a leafy green salad make the perfect accompaniment. This stew is great for leftovers.

NUTRITION

Calories: 546kcal | Carbohydrates: 38g | Protein: 25g | Fat: 33g | Saturated Fat: 14g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 14g | Cholesterol: 93mg | Sodium: 896mg | Potassium: 1332mg | Fiber: 4g | Sugar: 4g | Vitamin A: 3692IU | Vitamin C: 18mg | Calcium: 64mg | Iron: 4mg



KEYWORD Irish Stew, Lamb Stew

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