

IRISH STEW WITH VEGETABLES AND HERBS

By: Simply Creative Chef Rob Scott

Ingredients:

Yields 3 servings

2 pounds lamb shoulder, cubed
¾ tablespoons kosher salt
¼ teaspoons freshly ground black pepper
¼ cup vegetable oil
12 pearl onions, peeled, root end trimmed
1 medium carrot, cut into 1 ½ inch pieces
¼ cup dried pearl barley
1 ½ cups chicken stock or water
1 cup stout
1 bay leaf
½ tablespoon chopped fresh thyme leaves
6 new potatoes, cut in half
¼ cup finely chopped fresh parsley leaves, for garnish
1 tablespoon finely chopped fresh chives, for garnish
Irish Soda Bread

Directions:

- Preheat oven to 350 degrees F
- Season the meat with salt and pepper
- Heat pot over medium-high heat and add the vegetable oil
- Working in small batches, sauté the lamb until golden brown in color and set aside
- Add the onion, carrots, and barley to the pot
- Stir to coat, about 1 minute
- Add the chicken stock, stout, bay leaf, and thyme to the pot
- Return the lamb to the pot, place the potatoes on top and bring to a simmer
- Cover and cook for 1 ½ to 2 hours or until the lamb is fork tender
- Season with salt and pepper, to taste
- Garnish with the parsley and chives
- Serve with Irish Soda Bread