

## Irish Stew



### Ingredients

- 600g Diced Lamb (shoulder/neck/leg)
- ½kg Potato (Peeled & Cut Into Chunks)
- 300g Small Pearl Onions (Peeled)
- 200g Small Button Onions (Cleaned)
- 1 Celery Heart (Peeled & Cut Into Chunks)
- 1½L Light Lamb Stock (Or Water)
- 1 can Guinness
- 1 sprig Sage
- 1 sprig Rosemary
- bunch Bay Leaf
- bunch Flat-Leaf Parsley (Roughly Chopped)
- Salt & Pepper

### Method

1. Season diced lamb.
2. In the olive oil lightly brown the lamb, onions & mushrooms.
3. Add all the root vegetables & the bouquet garni (thyme, rosemary & bay leaves tied into a parcel).
4. Add the stock, Guinness season & slowly cook for 40 minutes to 1 hour.
5. Correct the seasoning stir in the roughly chopped parsley.
6. Serve with crusty bread with lots of butter.

*Recipe brought to you by Peninsula Bulk Meats*