

IRISH LAMB STEW

INGREDIENTS:

- 1.5 pounds of lamb or some kind of red meat.
- 2 cups of chopped red potatoes (peeled or skinned)
- 1 cup of chopped onions
- 2 cups of chopped carrots
- Salt and pepper to taste
- 2 ½ cups of chicken stock
- 2 tablespoons flour
- 3 tablespoons water
- 1 tablespoon of extra virgin olive oil (or any cooking oil)



INSTRUCTIONS:

1. Acquire all the ingredients. This may seem like a rhetorical first step, however, if you are anything like me, you will forget something and either, 1) have to run back to the store, slowing down the process, or 2) ask your neighbor who will silently judge you for making a stew at 11 p.m. Neither of which are desirable.
2. Chop the potatoes, onions, and carrots. I found that about 4 medium sized red potatoes fit to about 2 cups; however, the more the merrier. For the carrots, I used about half a bag of baby carrots. One medium sized onion should be enough to fill one cup. Place in crock pot.
3. Heat a skillet with a little bit of extra virgin olive oil (or an oil of your choosing), and cook the lamb on each side for 3-4 minutes, or until done. Once it is cooked all the way through (when there is only a slight tint of red), let it cool and then cut it around the same size as your other ingredients. Place on top of the vegetables, do not mix them yet.
4. In the same skillet, add the chicken stock and salt and pepper. Bring to a low boil for 5 minutes. If you want a deeper brown color, you can add some brown gravy mix. Pour the mixture into the crock pot.
5. Allow to cook on low for six to eight hours, or on high for two to four.
6. In the last 30 minutes of cooking, combine the water and flour into a separate bowl and mix until smooth. Add to the soup and stir everything together. This is also when you should add the extra ingredients of your choosing.
7. Serve warm and garnish with fresh parsley. Freeze what you don't use immediately.