

IRISH STEW

by **DIANE**, especially for **St.Patricks Day**

To serve 4 people

Ingredients

750g of lamb or mutton, diced
1 ½ tbsp flavourless oil
3 medium sized onions, sliced into thin wedges
4 medium sized carrots, in ½ inch dice
4 medium potatoes, in ½ inch dice
1 pint of stock
1 tsp salt and a few grinds of pepper
Knob of butter
15g freshly chopped chives
15g freshly chopped parsley

Method

1. Using a heavy flameproof casserole dish, heat the oil on a medium heat.
2. Toss the meat in the oil, until it is sealed and coloured, add the carrots and onions, continue to toss for a minute or so.
3. Add the stock, salt and pepper.
4. Bring to a slow simmer, cover with the casserole lid and continue to simmer for one hour.
5. Add the potatoes and continue to simmer for a further hour.
6. Cool and skim the fat off the surface of the liquid.
7. Reheat, add the butter, parsley and chives.

It's now ready to serve.