

Irish Guinness Stew



Yield: 8-10 servings

Ingredients:

- 2 ½ lb Lamb Shoulder -OR- Beef Chuck Roast - cut into 2 inch cubes**
- 2 Large Yukon Gold or Red Potatoes - peeled and cut into ¾ inch cubes**
- 1 Can (14.9 oz) Guinness™ Draught Beer**
- ½ lb Bacon - diced**
- 3 cloves Fresh Garlic - minced**
- 3 Large Carrots - peeled and cut into ½ inch thick rounds**
- 2 Large Celery Stalks - cut into ½ inch pieces**
- 2 medium Onions - chopped**
- 3 Cups Chicken Stock - can substitute beef or lamb stock if desired**
- 4 Tbs Tomato Paste**
- 3 Tbs All Purpose Flour**
- 2 Tbs Olive Oil**
- 3 sprigs Fresh Thyme - can substitute 1 tsp dried thyme leaves**
- 2 Bay Leaves**
- Kosher Salt to taste**
- Fresh Ground Black Pepper to taste**

Preparation:

- 1) Cut the meat into 2 inch pieces and season to taste with kosher salt and fresh ground black pepper (make sure to get as much coverage as possible)
- 2) Heat oil in a large, heavy bottomed pot over high heat - Add seasoned meat in batches and brown well all over - Using a slotted spoon, remove browned meat to a plate and set aside until needed
- 3) Lower heat to medium -Add garlic and onion - Sauté until onion is soft and translucent (apx 3-5 minutes) -Add bacon and continue to sauté until bacon is browned and slightly crisp (apx 5-8 minutes)
- 4) While continuously stirring, slowly sprinkle in the flour until well integrated
- 5) Add Guinness™ and give everything a good mix (be sure to gently scrape the bottom of the pot with spatula to bring up all of the 'fond') - Add all of the remaining ingredients (minus potatoes if using) and the browned meat (including any juices) to the mixture - Thoroughly combine
- 6) Add enough water so meat and veggies are just submerged
- 7) Cover pot and bring to a gentle simmer - Allow to cook covered for 2 hours (adjust heat as necessary)
- 8) After 2 hours, add the potatoes and remove the lid - Continue to simmer for an additional 30 minutes to an hour until potatoes are cooked through, meat is 'fall apart tender' and sauce has thickened to desired consistency (remember: this is a stew so it should be pretty thick - think a slightly thin gravy)
- 9) Adjust seasoning with kosher salt and fresh ground pepper to taste - Remove bay leaves and thyme sprigs
- 10) Serve hot with smashed potatoes, Irish soda bread or a good 'hunk' of crusty bread, and a cold Guinness™ Draught