



IRISH STEW



BRENDAN
VACATIONS

INGREDIENTS

- 1 ½ lb lamb neck
- 5 cups lamb stock
- 3 medium carrots, peeled and cut
- 1 celery stalk, peeled and cut into batons
- 2 banana shallots, diced
- 8 potatoes, peeled
- Salt and pepper to taste
- ¼ tsp garlic paste
- ¼ small bunch thyme
- ¼ small bunch of rosemary
- 1 bay leaf

DIRECTIONS

1. Season and sear the lamb.
2. Sweat the shallots and garlic and add the seared lamb and lamb stock.
3. Add herbs and skim the stock frequently allowing the stock to simmer gently.
4. Add carrots and potatoes after one hour and continue simmering until meat is very tender.
5. Add celery 10 minutes before finishing.