

Fighting Irish Stew

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Prep Time: 30 Minutes

Cook Time: 3 Hours

Time to Consume: 5 Minutes!

Servings: 4-6

Total: 3.5 Hours

Grocery List:

NON HOUSEHOLD ITEMS

- 1# Lamb or Beef** It is called stew meat because it is the tougher parts of the animal
- 1 Onion Sweet**, yellow or white no red or green
- Garlic** Not that pre-minced shit, fresh garlic only
- Tomato Paste** I like the tube style because you can use leftover later
- Dijon Mustard** Don't skimp on flavor Grey Poupon or high quality
- Guinness** Might have to buy a six pack, good stew drinking weather anyway
- Jameson** This is optional item but if you want it good follow my lead
- Beef Broth** Good to make your own but not crucial, want more flavor do bone broth
- Chili Powder** Check the back, no other ingredients just chili. Prefer New Mexican or Ancho
- Thyme Sprigs** Easiest herb to grow in a pot, once you plant it just keeps going
- Carrots** No bendy carrots I find the tri colored fully grown carrots have a nice sweetness
- Potatoes** Give them a squeeze make sure they are tight like The Rock's pecs
- Cabbage** Another squeeze here make sure there are no brown spots and leaves are tight
- Butter** Unsalted is key, salted butter can ruin everything!
- Parsley** Italian flat leaf parsley only, No curly parsley ala Denny's plate garnish

PROBABLY IN YOUR PANTRY

Oil, Salt, Pepper, Flour, Bay Leaf, Red Wine Vinegar, Mustard Seeds

COOK LIKE CHEF

COOKING STEP 1

2 Tablespoons Oil (you can use olive if you want to waste it)

1 Pound 1 inch cubed lamb or beef stew meat

1/2 tablespoon salt

1. Large 6 quart or 1.5 Gallon pot
2. Heat to medium heat
3. Season meat with salt
4. Add oil to pan
5. Brown the meat on all sides until GBD (golden brown and delicious)
6. Remove meat from pan and place in a bowl

COOKING STEP 2

1 Onion chopped (leeks optional)

2 Cloves of Garlic chopped

2 Tablespoon Tomato Paste

1 Tablespoon Dijon Mustard

3 Tablespoons Flour

1 16oz Can Guinness

7. Add onion and garlic to pan and cook for 4 minutes stirring so it doesn't stick
8. Add Dijon mustard and flour and cook for an additional 2 minutes
9. Add Guinness and let cook for 3 minutes or until cooked down a little

COOKING STEP 3

2 Shots Jameson

4 Cups Beef Broth (low sodium please)

1 Tablespoon Chili Powder

1 Tablespoon Mustard Seeds

1 Bay Leaf

2 Thyme Sprigs

1 Tablespoon Red Wine Vinegar

3 Large Carrots Peeled and cut into 1 inch chunks

10 Baby Yukon Potatoes cut in half

10. Add Jameson, beef broth, chili powder, mustard seeds, bay leaf, thyme, carrots and Yukon potatoes
11. Add your seared meat to the pot
12. Set temperature to low and cover
13. Cook on low for 2 hours stirring every 20 minutes
14. Make sure you scrape the bottom of the pan

THE FINISH LINE

1 Small Head of Cabbage shredded

Salt and Black Pepper to Taste

2 Tablespoons Butter Unsalted

1 Bunch Parsley chopped

15. Add cabbage to stew and let simmer for an additional 10 minutes or until cabbage is nice and soft
16. Season stew with salt and pepper
17. Make sure it is the right consistency
18. Pull off heat and let cool for 5 minutes
19. Before serving stir in butter and finish with chopped parsley