



prep: 15 mins | cook: 1 hour, 40 mins | total: 1 hour, 55 mins

## Ingredients:

- 2 pounds lamb shoulder, cut into 1 ½" pieces
- salt & pepper
- 2 tablespoons vegetable oil, divided
- 1 large onion, sliced
- 2 tablespoons butter
- 2 tablespoons flour
- 1 bottle Guinness beer
- 3 carrots, chopped into 3" pieces
- 2 large potatoes (about 1 ½ pounds)
- 4 cups beef broth
- 2 sprigs thyme, or ½ teaspoon dried
- ¼ cup parsley

## Instructions:

- Season lamb with salt and pepper. Heat 1 tablespoon oil over medium heat and brown lamb in small batches.
- Set lamb aside and add onions to the pot with remaining oil. Cook until tender, about 5 minutes.

## **Irish Lamb Stew Instructions (cont.):**

- Add about 2 tablespoons broth to deglaze and scrape any brown bits off the bottom. Cook until broth has evaporated.
- Add butter and flour. Cook one minute. Turn heat to low. Add beer and then broth a small amount at a time mixing until smooth after each addition. The mixture will seem pasty and thick at first. Continue adding liquid a little bit at a time until smooth.
- Add lamb back into the pot and simmer 90 minutes or until lamb is fork tender. Add potatoes, carrots and thyme and simmer 25 minutes or until tender.
- Stir in parsley and serve with Irish Soda Bread.

**Note:** If you'd prefer a thicker stew, combine 2 tablespoons cornstarch with 2 tablespoons water. Add to the boiling stew a little bit at a time while stirring until it reaches desired consistency.