



IRISH STEW



Day Before: Place Tenleytown Meat in refrigerator to defrost for 36-48 hours.

Prep Time: **15 minutes**

Cook Time: **2.5 hours**

3-4 lb Tenleytown Meat Company
lamb shoulder roast
salt and pepper

3 tablespoons **vegetable oil**

3 large **onions**, chopped

1/4 cup all-purpose **flour**

3 cups **water**

1 teaspoon **dried thyme**

2 pounds **Yukon Gold potatoes**,
peeled and cut into 1-inch cubes

1/4 cup minced **fresh parsley**

1 teaspoon minced **fresh rosemary**

Preheat oven to 300 degrees. Trim meat of **excess fat** and cut into 1 1/2 inch cubes, seasoning with **salt** and **pepper**. Heat 1 tablespoon **oil** in large Dutch oven over medium-high heat. In two rounds, adding more **oil** in between while **loosening** any **browned bits**, brown **meat** without moving pieces around on one side for 2-3 minutes, then on the other sides for 5 minutes longer. Set lamb aside in a medium bowl.

Reduce heat to medium and add remaining 1 tablespoon of oil to now-empty pot. Add **onions** and 1/4 teaspoon **salt** and cook, stirring frequently, scraping pot with wooden spoon to loosen browned bits, until onions have browned, about 8 minutes. Add **flour** and stir until onions are evenly **coated**.

Slowly stir in 3 cups of **water**, loosening browned bits from the pot and dissolving **flour**. Add **thyme** and 1 teaspoon salt and bring to a simmer. Add **meat** and any accumulated **juices**. Return to **simmer, cover**, and place in oven. Cook for **1 hour**.

Remove pot from oven and place **potatoes** on top of meat. Cover and return pot to oven and cook until meat is tender, about **1 hour**. Stir **potatoes** into liquid, spoon off any fat that rises to top, stir in **parsley** and season with **salt** and **pepper** to taste. Serve immediately.

makes 6 servings



Recipe courtesy of Cook's Meat Book - The game changing guide that teaches you how to cook meat and poultry with 425 bulletproof recipes



PEOPLE



PLANET



COMMUNITY



COMPANY