

Classic Irish Stew

Yields: 8-10 servings

Prep time: 20 mins

Cook time: 2 hrs

INGREDIENTS:

- 1 ¼ pounds of stewing beef
- 2 ½ pounds of yellow potatoes - cut into ½ inch cubes
- 1 onion - chopped
- 3 carrots - diced into ½ inch cubes
- 3 tablespoons of minced garlic
- 2 cups of beef broth
- 1 cup of dark beer (or 1 cup beef broth as substitute)
- 1 cup of red cooking wine
- 2 tablespoons of tomato paste
- 1 tablespoon of sugar
- 1 tablespoon of thyme
- 1 tablespoon of Worcestershire sauce
- 2 bay leaves
- 2 tablespoons of butter
- 2 tablespoons of fresh parsley - chopped
- Salt and pepper to taste
- 2 tablespoons of olive oil





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TOOLS:

[Chantal Cast Iron Dutch Oven \(5.6 Qt.\)](#)

[Chantal 5 Qt. Coated Sauté Pan with "Get It Right" Silicone Utensil](#)

PROCESS:

1. Heat 2 tablespoons of olive oil in 5.6 Qt. Dutch Oven.
2. Add stewing beef and garlic to the oil and cook until meat is browned on all sides.
3. Add beef broth, thyme, tomato paste, sugar, Worcester shire sauce, dark beer, cooking wine, & bay leaves. Stir and bring to a boil over medium - high heat.
4. Cover and simmer on low - medium for 1 hour.
5. In the 5 Qt. coated pan, heat 2 tablespoons of butter.
6. Add in potatoes, onion, carrots, & salt and pepper. Cook on medium - high heat, covered, until golden brown. Set aside.
7. After the meat has been cooking for 1 hour, add the potatoes, carrots, and onion. Cook uncovered for another hour, or until veggies are tender.
8. Let cool, garnish with parsley, and serve.