

# Stobach Gaelach

## INGREDIENTS

- 1/4 cup olive oil
- 1 1/4 pounds stew beef, cut into 1-inch pieces
- 6 large garlic cloves, minced
- 6 cups beef stock or canned beef broth
- 1 cup of Guinness beer
- 1 cup of fine red wine
- 2 tablespoons tomato paste
- 1 tablespoon sugar
- 1 tablespoon dried thyme
- 1 tablespoon Worcestershire sauce
- 2 bay leaves
- 2 tablespoons (1/4 stick) butter
- 3 pounds russet potatoes, peeled, cut into 1/2-inch pieces (about 7 cups)
- 1 large onion, chopped
- 2 cups 1/2-inch pieces peeled carrots
- Salt and Pepper
- 2 tablespoons chopped fresh parsley

## DIRECTIONS

1. Heat olive oil in heavy large pot over medium-high heat. Add beef and sauté until brown on all sides, about 5 minutes. Add garlic and sauté 1 minute. Add beef stock, Guinness, red wine, tomato paste, sugar, thyme, Worcestershire sauce and bay leaves. Stir to combine. Bring mixture to boil. Reduce heat to medium-low, then cover and simmer 1 hour, stirring occasionally.

2. While the meat and stock are simmering, melt butter in another large pot over medium heat. Add potatoes, onion and carrots. Sauté vegetables until golden, about 20 minutes.

3. Add vegetables to stew. Simmer uncovered until vegetables and beef are very tender, about 40 minutes. Discard bay leaves. Tilt pan and spoon off fat. Transfer stew to serving bowl. Sprinkle with parsley and serve. (Can be prepared up to 2 days ahead. Salt and pepper to taste. Cool slightly. Refrigerate uncovered until cold, then cover. Bring to simmer before re-serving or serving refrigerated left overs.)

Serves 4 to 6.

# Ballymaloe

## Ingredients:

- 2-1/2 to 3 lbs (1.35kg) lamb chops (gigot or rack chops) not less than 1 inch (2.5cm) thick
- 8 medium or 12 baby carrots
- 8 medium or 12 baby onions
- 8 to 12 potatoes, or more if you like
- salt and freshly ground pepper
- 1-1/4 to 1-1/2 pints (750 ml-900 ml/3-33/4 cups) stock (lamb stock if possible) or water
- 1 sprig of thyme
- 1 Tbsp (1 American Tbsp + 1 tsp) roux, optional - see recipe

## Garnish:

- 1 Tbsp (1 American Tbsp + 1 tsp) freshly chopped parsley
- 1 Tbsp (1 American Tbsp + 1 tsp) freshly chopped chives

## Roux:

- 4 ozs (110g/1 stick) butter
- 4 ozs (110g/scant 1 cup) flour

Melt the butter and cook the flour in it for 2 minutes on a low heat, stirring occasionally. Use as required. Roux can be stored in a cool place and used as required or it can be made up on the spot if preferred. It will keep at least a fortnight in a refrigerator.

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## INSTRUCTIONS

Preheat the oven to 180C/350F

Cut the chops in half and trim off some of the excess fat. Set aside.

Render down the fat on a gentle heat in a heavy pan (discard the rendered down pieces).

Peel the onions and scrape or thinly peel the carrots (if they are young you could leave some of the green stalk on the onion and carrot).

Cut the carrots into large chunks, or if they are small leave them whole.

If the onions are large, cut them into quarters through the root, if they are small they are best left whole.

Toss the meat in the hot fat on the pan until it is slightly brown. Transfer the meat into a casserole, then quickly toss the onions and carrots in the fat.

Build the meat, carrots and onions up in layers in the casserole, carefully season each layer with freshly ground pepper and salt.

De-glaze the pan with lamb stock and pour into the casserole.

Peel the potatoes and lay them on top of the casserole, so they will steam while the stew cooks.

Season the potatoes. Add a sprig of thyme, bring to the boil on top of the stove, cover with a butter wrapper or paper lid and the lid of the saucepan.

Transfer to a moderate oven or allow to simmer on top of the stove until the stew is cooked, 1 to 1-1/2 hours approx, depending on whether the stew is being made with lamb or hogget.

When the stew is cooked, pour off the cooking liquid, de-grease and reheat in another saucepan. Slightly thicken by whisking in a little roux if you like.

Check seasoning, then add chopped parsley and chives.

Pour over the meat and vegetables. Bring the stew back up to boiling point and serve from the pot or in a large pottery dish.