



Gammy's House Recipes

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Irish Lamb Stew

Ingredients:

2 tablespoons flour
1 tsp. salt
1 1/2 pounds lamb, cut into 2" pieces
2 tablespoons oil or bacon fat
1 garlic clove, minced
1 bay leaf
1/8 tsp. thyme
1/4 tsp. pepper
3 cups water
1 large onion chopped
3 carrots, cut into 1" slices
2 peeled, cubed potatoes
1/2 cup light cream
1 tablespoon flour

Directions:

Mix 2 tablespoons flour, salt and pepper; Roll meat in mixture and brown in hot fat, add onions to brown lightly. Add herbs, garlic and water. Cover and simmer 1 1/2 hours. Add carrots and potatoes. Cover and cook 25 more minutes until vegetables are tender. Combine cream and 1 tablespoon flour; stirring until smooth; blend into stew and cook until thickened, stirring well to avoid lumps. Remove Bay leaf. Makes 4 servings. Note: You can substitute good beef stew meat, or a nice cut of roast cut into cubes.

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