

Ken's Guinness Lamb Stew

(of course, the Guinness can be found in our beer dept.)

A comforting and festive dish for a blustery March Day!

Ingredients:

3 lbs. boneless leg of lamb, or thereabouts, cubed into about ½ inch cubes or slightly larger- by all means, leave at least a little fat on for browning purposes
1 good sized onion, a rather large dice adds character to this dish
6-8 medium carrots, peeled and cut into ½' sections
8-10 fingerling potatoes, halved, or quartered if desired
4-6 garlic cloves, smashed and diced finely
1 can Guinness (the 14.9 oz. size)
Beef broth- about 3 to 4 cups is good- it will reduce somewhat as your stew simmers
A good quality vegetable oil, or canola/ olive oil blend
Salt, pepper
Fresh herbs, or dried herb seasonings
1 stick (1/4 cup) butter, and ¼ cup flour

Method:

-Preheat large skillet (at least 14 inch), or medium to large saucepan over med-high heat on stove
-Add oil to coat bottom
-Immediately add onion and garlic, season with salt and pepper as per your best judgement, and sauté over medium heat till nicely sweated and lightly browned
-Add lamb, and some more S & P- the goal is to brown the lamb on all sides- it will smell and look amazing!
-Once you have some nicely browned lamb, (along with the onions and garlic), add the Guinness, beef stock, carrots, and fingerling potatoes.
-Bring to boil, then turn down to a slow simmer
-Melt butter in a separate sauce pan, then whisk in flour to form a smooth roux. Cook roux on low heat 5 to 10 minutes, stirring frequently.
-Add roux to the stew after about stew has simmered about half an hour, then continue to simmer an additional 15 to 20 minutes (till meat is tender). This will allow the stew to become smooth, thick and will allow for flour in roux to cook down.
-Let the stew settle for a few minutes, then serve over mashed potatoes, or basmati rice