

Spring Irish Stew

Ingredients

1 lb Ground Lamb	1 1/2 c Carrots (sliced)
1/2 c Celery (cubed) thawed)	1 1/2 c Pearl Onions (frozen and
11 1/5 oz Guinness	12 oz Potatoes (cubed)
6 clv Garlic (minced)	2 T Tomato Paste
1/3 c Flour	2 T Rosemary (minced)
1 T Worcestershire Sauce	1 1/2 c Beef Broth
1 Lemon (zested and juiced)	1 T Dijon Mustard
0 ds Black Pepper	0 ds Salt
	1/2 c Parsley (chopped)

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Instructions

1. Saute lamb in a large pot over high heat until browned, 5-8 minutes. Remove lamb from pot to a paper-towel-lined plate.
2. Add carrot, onions, celery, and potatoes to drippings in pot and saute 5 minutes. Stir in tomato paste, garlic, and rosemary; cook until paste darkens, about 2 minutes. Stir in flour, coating vegetables, and cook 1 minute.
3. Deglaze pot with beer, then stir in broth, Worcestershire, and Dijon; bring to a boil and cook until vegetables are for-tender, 15 minutes. Stir lamb back into stew and season with zest, lemon juice, salt, and pepper. Add parsley at the very end.