

Irish Lamb Stew

A pale, comforting stew of lamb, potato, onion and leek, simply seasoned

DIFFICULTY Easy
COURSE Main
CUISINE Irish



PREP
20 min



COOK
120 min



TOTAL
140 min



SERVES
6



FREEZES WELL
Yes

01 Ingredients

- 1.2kg lamb shoulder or neck, cut into 4cm chunks
- 2 onions, sliced
- 3 carrots, cut into chunks
- 2 leeks, washed and sliced
- 800g potatoes, peeled and cut into large chunks
- 1 litre lamb or chicken stock (or water)
- 1 bay leaf
- 4 sprigs thyme
- 1 tsp salt
- ½ tsp ground pepper
- 2 tbsp chopped parsley

02 Method

1. Trim the excess fat off the lamb. Place the lamb and onions in a large heavy pot, then add the stock, bay leaf, thyme, salt and pepper.
2. Bring to a boil, skim off any scum, then reduce to a very gentle simmer. Cover and cook for 1 hour.
3. Add the carrots and half the potatoes. Cover and simmer for 30 minutes.
4. Add the leeks and the remaining potatoes and simmer for another 20-25 minutes until all the potatoes are tender - the first batch will break down and thicken the broth.
5. Remove the bay leaf and thyme stalks, skim the fat, taste and season. Scatter with parsley and serve in bowls.

04 Common mistakes

- **Boiling hard** — the lamb turns tough and the broth cloudy; keep it at a gentle simmer.
- **Cooking all the potatoes at once** — they dissolve completely; staggering them thickens the broth and keeps some intact.
- **Not skimming** — scum and fat make the broth greasy and grey.

03 Notes & substitutions

- Lamb neck, shoulder and shank all give rich flavour from the bone.
- Add 1/4 cup pearl barley with the first lot of potatoes for a more filling stew.
- Do not brown the meat - a pale stew with a clean broth is traditional.
- Cook it a day ahead; the fat sets on top and is easy to lift off.

05 Storage & leftovers

FRIDGE	Up to 4 days.
FREEZER	Freezes well for up to 3 months, though the potatoes soften.
REHEATING	Reheat gently without boiling.