

## Lamb Stew

An Irish favorite.

Recipe by: David Horton

Yield: 8 servings

### Ingredients

1 tsp. butter or oil  
1 medium onion, diced  
2 cloves garlic, minced  
8 oz. carrots, chopped  
1 lb. lamb stew meat, cut into bite-sized pieces  
4 medium red potatoes  
16 oz. beef broth  
A small handful of fresh parsley, chopped  
A few sprigs of fresh thyme  
A few pinches of fresh chives, chopped  
1 tsp. cornstarch  
1 tsp. cold water  
Salt and pepper to taste

### Preparation Instructions

Heat butter in a 3-quart saucepan. Add onion, garlic and carrots. Sweat vegetables over medium-low heat until onion is nearly translucent. Add lamb and raise heat for a few minutes to brown the meat slightly. Add broth and reduce heat to low. Add fresh parsley, thyme and chives. Peel and cube potatoes while the pot is simmering. Cook over low heat until potatoes are tender, about 30 minutes. Mix cornstarch and water in a small bowl or cup and add to the stew. Raise the heat momentarily so that the corn starch can thicken the stew. Add salt and pepper to taste.

### Serving Instructions

Serve with homemade bread.

### Notes

For a unique, Irish Pub flavor cut the amount of beef broth in half and substitute an equal amount of stout or porter ale.