IRISH STEW WITH VEGETABLES AND HERBS

By: Simply Creative Chef Rob Scott

**Ingredients:** Yields 3 servings

2 pounds lamb shoulder, cubed

¾ tablespoons kosher salt

¼ teaspoons freshly ground black pepper

¼ cup vegetable oil

12 pearl onions, peeled, root end trimmed

1 medium carrot, cut into 1 ½ inch pieces

¼ cup dried pearl barley

1 ½ cups chicken stock or water

1 cup stout

1 bay leaf

½ tablespoon chopped fresh thyme leaves

6 new potatoes, cut in half

¼ cup finely chopped fresh parsley leaves, for garnish

1 tablespoon finely chopped fresh chives, for garnish

Irish Soda Bread

**Directions:**

* Preheat oven to 350 degrees F
* Season the meat with salt and pepper
* Heat pot over medium-high heat and add the vegetable oil
* Working in small batches, sauté the lamb until golden brown in color and set aside
* Add the onion, carrots, and barley to the pot
* Stir to coat, about 1 minute
* Add the chicken stock, stout, bay leaf, and thyme to the pot
* Return the lamb to the pot, place the potatoes on top and bring to a simmer
* Cover and cook for 1 ½ to 2 hours or until the lamb is fork tender
* Season with salt and pepper, to taste
* Garnish with the parsley and chives
* Serve with Irish Soda Bread