

Irish Stew

Yields: 4-6 servings

Ingredients:

1 1/2 lb. lamb or mutton

3/4 cup onions

2 1/2 lb. potatoes

Salt

Pepper

1 bay leaf

2 cups stock or water

2 T finely chopped

Cut lamb into 1 1/2 inch cubes. Peel and slice onion and potatoes into 1/8 inches. Put into bottom of heavy pan one layer potatoes, a layer of meat and a few slices of onion. Repeat twice, ending with potato on top. Season each layer with salt and pepper. Add the bay leaf to the pot.

Boil stock or water and add parsley. Pour over the layers. Bring to a boil. Cover and simmer gently for about two and a half hours or until the meat is tender. Shake pot periodically to keep the potatoes from sticking. When all done the moisture should have been all absorbed by the potatoes.

Recipe tested in the Industrious Family Kitchen

www.IndustriousFamily.com