

Irish Stew is known and cooked world-wide, but like all National recipes—they are always changed and vary from pot to pot. Everyone adds their own special little touch. Just enjoy and remember... You Are The Boss in the Kitchen!

Irish Stew

Serves 6



Ingredients:

6 cups	water, cold
1 Tbsp.	chicken granules or 3 beef bouillon cubes
3	Bay leaves
1 1/2 – lbs.	lamb chops, trim fat and debone, cut meat in 3/4 inch cubes
1 lb.	baking potatoes (2 large), peeled and cut into medium large cubes
2 large	onions, sliced
3 cloves	garlic, minced (mix with the onions)
1/2 lb.	carrots, sliced 1/4 inch
4 stalks	celery, sliced 1/2 inch, save leaves
2 large	leeks, sliced 1/2 inch, cut off dark part and save
1 lb.	cabbage, sliced 1/2 inch, cut core out
1 1/2 tsp.	salt
1 1/2 tsp.	black pepper
2 tsp.	Caraway seeds, optional
3 Tbsp.	parsley, chopped, save stems

Method:

In a large pot, add water, granules, Bay leaves, dark part from leek, stems from parsley and bones from the lamb chops. Bring to boil and boil on medium heat 15 minutes. Strain.

Spray a large pot with Pam™. Layer vegetables and meat ending with vegetables. Over each layer sprinkle salt, papper and Caraway seeds. Strain broth over layers to barely cover the stew. **Do not stir.** Lay bones on top just for flavor. If you like you can prepare to this point the night before, but you will need to cool the broth.

To Serve:

Preheat conventional oven to 325°; convection oven to 300°.

When ready to serve, cover pot with a lid (I prefer foil pressed airtight around the top) and bake 1 1/2–2 hours. Check after 1 1/2 hours...if the meat is done, take it out of the oven. Remove bones from stew. Stir slightly with 2 Tbsp. parsley, taste for salt and pepper and sprinkle top with remaining parsley.

Hint: A real Irish Stew will be served with Irish Soda Bread and Kerrygold Pure Irish Butter™.

Hint: I love to add a little Lemon Pepper because I am the Boss...

Irish Coffee

Ingredients:

1 cup	cream, whip foamy and keep refrigerated
3 cups	water
3 Tbsp.	Instant Coffee, I prefer Tasters Choice™ Vanilla Roast regular or decaf
6 Tbsp.	brown sugar, light or dark, not packed
12 Tbsp.	Irish whiskey

Method:

In a medium pot bring water to boil. Add coffee and sugar. Turn heat off. Stir until coffee and sugar is dissolved. Add Irish whiskey. Taste for sweetness. Fill into Irish coffee mugs or heatproof glasses and spoon the whipped cream on top. Do not stir...you sip the coffee through the cream like an Irish native.