



Irish Stew

Ontario Fresh Premium Lamb shanks and Ontario root vegetables braised with Guinness – Delicious!

Preparation time 30 minutes

Cooking time 3 hours

Serves 8

Ingredients:

8 lamb shanks

salt & pepper

½ cup (125 ml) all-purpose flour

2 tbsp (25 ml) olive oil

4 garlic cloves

1 tsp (5 ml) each dried rosemary & thyme (or 1 tbsp (15 ml) chopped fresh

2 bottles (341 ml each) Guinness or other stout-based beer

3 cups (750 ml) beef stock

¼ cup (50 ml) butter

3 tbsp (45 ml) packed brown sugar

3 onions, cut in wedges

3 carrots, cut in 1-inch pieces

3 parsnips, peeled and cut in 1-inch pieces

½ rutabaga, peeled and cut in 1-inch chunks

¼ cup (50 ml) chopped fresh parsley

Preparation:

Sprinkle shanks lightly with salt and pepper; coat all over with flour. In large ovenproof casserole or Dutch oven, heat half the oil over medium-high heat. In batches, brown shanks all over, adding more oil as needed and removing browned shanks to plate.

Stir in any remaining flour, the garlic, thyme and rosemary; cook over medium heat for 1 minute, stirring. Remove pan from heat and gradually stir in beer; return to heat and bring to boil, stirring and scraping up any brown bits from bottom of pan. Boil for 5 minutes, covered, or until syrupy, stirring often. Stir in 2 cups of the stock. Return shanks and any juices to pan. Bring to boil, cover tightly. Bake in 350°F oven for about 2-1/2 hours or until lamb is very tender, stirring occasionally.

Meanwhile, in deep skillet, melt butter and sugar over medium heat; stir in onions, carrots, parsnips and rutabaga until well coated. Sprinkle with salt and pepper. Add remaining stock and bring to boil. Bake, uncovered and stirring occasionally, in 350°F oven for about 1-1/4 hours or until vegetables are tender but not mushy. Stir in cooked shanks.

Stew can be cooled, covered and refrigerated for up to 2 days. Remove any fat from top, bring to room temperature for 30 minutes and reheat slowly on stovetop,



stirring often; or place in 350°f oven, covered, for about 30 minutes or until bubbly. Sprinkle with parsley to serve.

Nutritional Information:

Serving: 1

Protein: 26 grams

Fat: 20 grams

Carbohydrates: 33 grams

Calories: 436