

# Irish Lamb Stew

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Servings: 10



"Hearty and traditional Irish lamb stew. It's best to refrigerate the stew overnight, and reheat it the next day for eating. This soup 'ages' well!"

## Ingredients

1½ pounds thickly sliced bacon, diced  
6 pounds boneless lamb shoulder, cut into 2 inch pieces  
½ teaspoon salt  
½ teaspoon ground black pepper  
½ cup all-purpose flour  
3 cloves garlic, minced  
1 large onion, chopped  
½ cup water  
4 cups beef stock  
2 teaspoons white sugar  
4 cups diced carrots  
2 large onions, cut into bite-size pieces  
3 potatoes  
1 teaspoon dried thyme  
2 bay leaves  
1 cup white wine

### Cooking Method

1. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble, and set aside.
2. Put lamb, salt, pepper, and flour in large mixing bowl. Toss to coat meat evenly. Brown meat in frying pan with bacon fat.
3. Place meat into stock pot (leave 1/4 cup of fat in frying pan). Add the garlic and yellow onion and sauté till onion begins to become golden. Deglaze frying pan with 1/2 cup water and add the garlic-onion mixture to the stock pot with bacon pieces, beef stock, and sugar. Cover and simmer for 1 1/2 hours.
4. Add carrots, onions, potatoes, thyme, bay leaves, and wine to pot. Reduce heat, and simmer covered for 20 minutes until vegetables are tender.