

## Irish Stew

**Serves 6**

**Cuisine: Irish**

Preparation Time: 30 Minutes

Cooking Time: 2 Hours

**Ingredients:**

200 g	Smoked Streaky Bacon or Pancetta in one large piece and cut into chunks
900 g	Stewing Lamb (Neck fillets or Scrag End are both good for braising)
5	Carrots, sliced into chunks
850 ml	Lamb stock
1 tbsp	Sunflower Oil
3	Bay leaves
100 g	Pearl barley (or use Cannellini beans if you need to hold it for any length of time)
6	Medium potatoes, finely sliced
2	Onions roughly sliced
2	Spring onions, finely sliced
Small bunch	Thyme
Small Knob	Butter

**Method:**

1. Heat the oven to 160°C (fan).
2. Heat the oil in a large pan or a flameproof casserole.
3. Sizzle the bacon for 4 minutes until crisp or browned.
4. Turn up the heat and cook the lamb pieces for 6 minutes until browned. Remove the meat with a slotted spoon.
5. Add the onions, carrots and herbs to the pan and cook for 5 minutes until softened.
6. Return the meat to the pan, stir in the barley (or beans), pour the stock over and bring it to a simmer.
7. Place the potato chunks on top, cover and place in the oven for 1½ hours until the potatoes are soft and the meat is tender. Check the dish after 1 hour and add water or more stock if it looks to be dry.
8. Remove from the oven and dot the potatoes with butter and scatter the spring onions over.

**To Serve:**

Serve it straight from the pan into bowls for a hearty meal.

**Chef's Notes:**

The stew can be chilled and kept in the fridge for up to 2 days, then reheated in a low oven or on the stove.