



Chef John39s Irish Stew

Jacob · 29/09/2024



Prep Time

2 hrs 45 mins

Difficult

Medium

Servings

6

Description

Pay attention to the cut of lamb used in this recipe I used lamb shoulder chops which are a fantastic value when you consider flavor useable meat and price They will probably be the cheapest lamb at the store have more flavor and richness than leg meat and are cheaper than shanks and loins It takes a while for the meat to braise and fall off the bone but its a wait rewarded with tender succulent chunks of lamb

Ingredients

- - 3 pounds lamb shoulder chops - salt and ground black pepper to taste - 1 tablespoon vegetable oil - 1 onion
- chopped - 1 tablespoon butter - 2 tablespoons all-purpose flour - 3 cups chicken stock - ½ teaspoon dried rosemary - 2 carrots
- chopped - 2 stalks celery
- chopped - water as needed - 1 ½ pounds baby Dutch yellow potatoes - ¼ cup chopped green onions

Instructions

1. Season lamb shoulder chops with salt and black pepper. Heat oil in a large heavy skillet over high heat. Working in batches
2. cook lamb shoulder chops until browned on both sides
3. 3 to 5 minutes per side. Transfer chops to a stock pot. Cook and stir onion with a pinch of salt in the same skillet over medium heat until slightly softened and edges are browning
4. about 5 minutes. Stir butter into onion until melted; add flour and stir until onions are coated
5. about 1 minute. Pour stock into onion mixture; bring to a boil
6. add rosemary
7. and stir until mixture thickens
8. 5 to 10 minutes. Stir carrots and celery into pot with lamb shoulder chops and pour chicken stock mixture over the top. Add water as needed to cover meat completely. Bring mixture to a simmer
9. reduce heat to low
10. cover the pot with a lid
11. and cook until meat is almost falling off the bone
12. about 1 1/2 hours. Transfer meat to a plate. Stir potatoes into stew and return meat to stew
13. placing on top of vegetables. Simmer
14. covered
15. until potatoes are tender and meat is falling off the bone
16. about 30 minutes. Transfer meat to a plate using a slotted spoon. Bring stew to a boil and cook
17. skimming off fat
18. until stew is reduced and thick
19. 10 to 12 minutes. Remove meat from bones; discard bones and any pieces of fat. Stir meat back into stew. Stir green onions into stew and season with salt and pepper to taste. Chef John Recipe Tip You can substitute 1 bottle dark beer plus 1 1/2 cups chicken stock for the chicken stock.