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*by ewfood*

## Irish Lamb Stew



## Ingredients

2 lb. lamb shoulder, trimmed and cut into 1-inch chunks  
16 shallots, trimmed and peeled  
Vegetable oil  
2 carrots, finely diced  
1 onion, finely diced  
2 small cloves garlic, minced  
1oz. tomato paste  
1oz. flour  
24fl oz. chicken stock  
1 tablespoon chopped parsley

## Preparation

- 1 Preheat the oven to 180°C.
- 2 Heat a Dutch oven or a thick based oven proof pot over medium-high heat. Add the oil and ensure that the meat is browned on all sides. Season the meat while browning. Remove it from the pan and set aside.
- 3 Saute the shallots in the same pan until they have softened and caramelized, approximately 10 minutes. Remove the shallots and set aside.
- 4 Add the onions, carrots and garlic to the pan and sauté for a couple of minutes. Add the meat and flour and stir in with the vegetables until well combined, eliminating lumps. Cook on a low heat for five minutes, then add the tomato paste. Stir the contents of the pot before adding the stock. Season everything well and cover the dutch oven and place in the oven for an hour. Stir the stew occasionally.
- 5 Once the meat is tender remove it from the sauce and set to one side. Return the sauce to the stove top and reduce it over a medium heat until slightly thickened.
- 6 Return the meat and shallots to the sauce and simmer over a low heat for twenty minutes. The sauce has reached the desired consistency once it coats the back of a spoon. Season to taste if required and serve immediately.

## Cooks Note

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