

Organic Irish Stew

Thom Hackett

Servings: 2



All ingredients are to be organic.

Ingredients

1 lb. natural lean sirloin or stew meat
1 cloves garlic, chopped
Celtic sea salt and black pepper
1½ tablespoons organic unbleached flour
1½ tablespoon Extra Virgin Olive Oil
1 organic onion, diced
1 carrot, peeled and thinly sliced into discs
2 medium-sized organic potatoes, quartered
1 tablespoon organic tomato paste
2 cups organic beef broth
2 teaspoons thyme
1 teaspoon marjoram
1 bay leaf
1 bottle dark stout beer
4 oz peas
¼ cup organic parsley, finely chopped

Recipe from Thom Hackett's Recipe File at www.thomcooks.com

Cooking Method

Preheat oven to 300° F.

Cut meat into 2-inch cubes, place in a bowl and sprinkle with garlic, salt, pepper and flour.

- Toss to coat evenly.

Heat oil in a deep sauté pan.

1. Add beef, and brown on all sides.
2. Remove from pan and drain on a paper towel.
3. Add onions and carrots to the pan.
4. Sauté for 5 minutes, until soft.
5. Pour half the beer in the pan to release the browned bits from the bottom.

Place meat, onions and carrots in a casserole dish.

1. Stir in potatoes, tomato paste, broth, thyme, marjoram, bay leaf and the rest of the beer.
2. Cover and bake for 3 to 4 hours, or until the meat and potatoes are tender.

Ten minutes before removing from oven, stir in peas and adjust seasonings to taste.

Remove bay leaf before serving.

Enjoy piping hot garnished with fresh parsley.