

Guinness Lamb Stew

Serves 4-6

Ingredients

- 3 pounds cubed lamb (or beef)
- Olive oil or bacon fat
- 2 medium onions, roughly chopped
- 6 cloves garlic, minced
- 3 Tbs tomato paste
- ½ tsp sugar
- 1 bottle Guinness beer
- ¼ cup flour
- 3 cups beef broth or consommé
- 2 cups water
- 2 large bay leaves
- Fresh rosemary to taste
- 4 large carrots, roughly chopped
- 1 pound small white boiling potatoes
- 1 cup frozen peas
- 1 cup barley – cooked separately with 4 cups water

Instructions

1. Season meat cubes with salt and pepper.
2. Heat olive oil or bacon fat in a pan on medium high and brown the meat in small batches to avoid steaming it. Set aside.
3. Add onions and a tiny bit of water to the pan. Scrape up any brown bits and sauté the onions in a little more oil for a few minutes. Add garlic to the pan and sauté for an additional minute. Add tomato paste and cook for a final minute
4. Add meat back in and sprinkle with flour. Stir to coat the meat and then add beef stock, Guinness, water, herbs, and sugar.
5. Cover and simmer 1½ hours. While this is happening, cook the barley and set aside.
6. After 1½ hours, add carrots and potatoes. Cover and simmer for an additional ½ hour.
7. Check spices and add fresh ground pepper, salt, or sugar as desired.
8. Add frozen peas and cooked barley.
9. Bring to temp and it's ready to serve.