

IRISH STEW

Equipment:

Measuring Spoons

Measuring Cup

3 Qt. Casserole Dish with cover

Microwave safe plastic bowl with cover

Wooden Spoon or High Temp Rubber Spatula

Ingredients:

2 lb. boneless lamb, cut in 1" 1 kg
(2.5 cm) cubes

1/4 tsp Kitchen Bouquet, optional 1ml

2 carrots, sliced 2

2 potatoes, peeled and 2 cubed

2 cups turnip, cubed 500 ml

2 onions, quartered 2

2 celery stalks with leaves cut in pieces, 2

1 bay leaf 1

1 tsp salt 5 ml

1/2 tsp pepper 2ml

2 1/2 cups water, divided 625 ml

1/4 cup flour 50 ml

Procedure:

1. Coat meat with Kitchen Bouquet.
2. In a 3-quart (3 L) casserole, combine all ingredients except 1/2 cup (125 ml) water and flour.
3. Cover with lid.
4. Cover and cook at **P7** 1 - 2 minutes, then at **P4** 60 - 70 minutes.
5. **To Complete:** Blend flour with remaining water and browning sauce.
6. Stir into hot liquid of stew until blended.
7. Cook at **P7** 2 - 3 minutes, or until thickened.
8. Remove bay leaf before serving.

Chefs Tip:

For added flavor, the meat could be dusted with flour and be browned in a pan prior to adding it to the dish. Any meat could be substituted if folks don't prefer Lamb.