



irish beef stew

Chef Lisa is our lucky charm - she has filled our pot with gold, Guinness gold. This classic Irish Beef Stew recipe is jam-packed with tender chunks of beef, carrot, turnip, potato and parsnip. Flavored with wine, Guinness and beef broth, this unbelievably hearty stew has us clicking our heels like Lord of the Dance.

SERVES: 10-12



julie albert
& lisa gnat

ingredients

- 3 1/2 lbs. stewing beef, cut into 1-inch cubes
- 1/4 cup flour
- 3/4 tsp kosher salt
- 3/4 tsp freshly ground black pepper
- 2 tbsp canola oil

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- 4 cups diced yellow onion
- 2 cups sliced white mushrooms
- 1 cup diced celery
- 2 large garlic cloves, minced
- 1/2 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 2 dried bay leaves
- 10 sprigs fresh thyme, tied with kitchen string
- 1 1/3 cups dry red wine
- 1 1/3 cups Guinness
- 4 cups beef broth
- 2 cups carrots, peeled and cut into 1-inch cubes
- 2 cups turnips, peeled and cut into 1-inch cubes
- 2 cups red potatoes, peeled and cut into 1-inch cubes
- 1 cup parsnips, peeled and cut into 1-inch cubes

directions

- 1.** Place beef in a large bowl and toss with flour, 3/4 tsp salt and 3/4 tsp pepper. In a large soup pot, heat 2 tbsp canola oil over medium-high heat. Add meat in a single layer, browning it in batches if your pot isn't big enough. Brown meat on all sides 5-6 minutes until a good crust forms. Transfer to a bowl and repeat with remaining beef. Wipe out pot when finished browning.

- 2.** In the same pot, heat 1 tbsp canola oil over medium-high. Add onions, mushrooms, celery and garlic, stirring occasionally and cooking 8 minutes. Season with salt, pepper, bay leaves and thyme. Add browned beef, red wine and Guinness. Bring to a boil over medium-low heat. Add beef broth, turnips, potatoes and parsnips. Simmer uncovered on low heat for 1 hour.

“There are only two kinds of people in the world, the Irish and those who wish they were.”

— TRADITIONAL IRISH SAYING

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