



# *The Historic Village*

*at Allaire*

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## **GLENS of ANTRIM IRISH STEW**

1 oz. Butter  
2 lb. Lamb or Beef  
1 Large Onion, Coarsely Chopped  
2 Carrots Chopped  
1 Tbsp. Flour  
1 Cup Beef Stock  
2 Tbsp. Tomato Puree  
½ Tbsp. Sugar  
2 Potatoes Cubed  
1 Bottle Irish Stout  
1 Bouquet Garni (Sprig of Thyme and 1 Bay Leaf Tied in Muslin)  
Salt and Freshly Ground Pepper

Melt the butter in a large skillet and brown the meat on all sides. Do not crowd the pan, if necessary brown meat in two or three batches. Remove the meat from the pan and add the onions and carrots sautéing until lightly softened.

Return the meat to the pan, add the flour, and then stir in the stock, tomato purée and sugar. Bring to a boil then reduce heat to a simmer. Add the potatoes, stout, bouquet garni and salt and pepper to taste.

Cook over a low heat for about 1 to 1 ½ hours or until the meat is tender.

*Compliments of the Food Ways Guild in the Historic Village at Allaire*