

## Madison's

RESTAURANT AND WINE GARDEN



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## Thea's Organic Kitchen

### Simple Irish Stew

**W**ith a nice Gaelic last name like "Stacey," how could I not provide you with this recipe for Stacey's Simple Irish Stew. The Irish really do keep it simple, but I have added a few more spices to the pot to suit my taste. My Irish father would have preferred corn beef and cabbage, but this stew which I make every year for Saint Paddy's Day warms both heart, home and soul. Yes, it is true that the "Irish Saved Civilization!"

I have also been known on St. Patrick's Day to buy myself green carnations, a yearly bottle of Bailey's, rent a nice Irish movie like, "The Secret of Roan Inish," and read the Street Ballad, "The Wearin' o' the Green" while enjoying a nice hot bowl of Irish Stew which is best made the day before. I have found New Zealand lamb to be consistently good, and my basic rule of thumb is; buy organic and local whenever possible.

#### Stacey's Simple Irish Stew

- 2-1/2 lbs. potatoes, peeled and sliced
- 1-1/2 lbs. onions, sliced
- 3 lbs. lamb shoulder, cubed
- 2 tsp. Celtic sea salt
- 1/2 tsp. fresh ground black pepper
- 1/4 tsp. white pepper
- 1/2 tsp. thyme
- 1/2 tsp. rubbed sage
- 1/2 tsp. crushed rosemary
- 4-5 cloves garlic, chopped
- 2 cups organic chicken or vegetable broth
- 1 Tbs. Tamari
- 1 bay leaf
- 1/2 cup chopped fresh parsley

Preheat oven to 325 degrees. Layer one-third of the potatoes, then half the onions, and half the lamb in a large Dutch oven. Combine salt, peppers, thyme, sage, and rosemary in a cup and sprinkle half over top of the meat. Repeat layering with remaining onions and lamb, top with remaining potatoes and sprinkle with remaining herb mixture.

Add broth, Tamari, bay leaf, and sprinkle with parsley and chopped garlic. Bring to a boil over medium heat. Cover and bake until meat is tender approx. 2 hours. Cool to room temperature and refrigerate over night. Spoon fat from top of stew and feed to the nearest creature (dog, cat, chickens - they'll love you for it) and bake in a 325 degree oven for approximately one hour until hot and bubbly. Remove bay leaf and serve with a fresh crusty loaf of bread.

By Cynthia Stacey

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