

IRISH STEW



Preparation : 15 min - **Resting :** - - **Cooking :** 1 hr 45 min - **Equipment :** -

Ingredients : 4/6

- 2 carrots (150g) - 4 potatoes (400g) - 2 onions - 1 celery stick - 600 g stewing lamb (e.g. shoulder) - 2 tbsp olive oil - 2 garlic cloves - 500 ml Guinness® or other stout - 2 tbsp tomato puree - 50 ml Worcestershire sauce - 250 ml water - ½ cube beef stock - 1 tsp cornflour - salt, pepper - 8 g flat-leaf parsley

1. Fit the food processing bowl with the midi bowl and install the 4mm slicing disc. Slice the carrots, potatoes, onions and celery using the FOODPROCESSOR programme. Set the sliced vegetables aside.
2. Cut the lamb into 3-4cm cubes, and place in the metal bowl. Add the olive oil and garlic; run the EXPERT programme, 5 minutes/speed 1A/120 °C.
3. Add the sliced vegetables, Guinness®, tomato puree, Worcestershire sauce, water, beef stock cube and season with salt and pepper. Run the EXPERT programme, 1 h 40 minutes/speed 1A/95 °C. Fifteen minutes before the end of the programme, add the cornflour previously mixed with one tablespoon water.
4. Garnish the Irish stew with finely sliced* flat-leaf parsley leaves.

Cook Expert ■

