



Luck O' the Irish

Learn how to make delicious Irish Stew with beer and Colcannon without needing a Leprechaun.

Irish Stew

Ingredients

1/3 c flour	2 cups beef broth
2 lb beef, cubed	12 oz can Guinness Beer
2 tbs olive oil	2 tbs tomato paste
1 cup onion, chopped	1 tsp thyme, ground
1 tsp garlic, minced	2 tbs fresh parsley, chopped
3 lb red potatoes, cut into wedges	Salt
2 cups carrots, sliced thick	Pepper
4 stalks of celery, chopped	

Coat meat with flour, salt and pepper, shake off excess flour. Heat oil and fry meat in batches until all the meat has been browned. Add onion and garlic to oil and sauté until translucent. Add meat back in pot. Add remaining ingredients and simmer for 1 and 1/2 hours, covered, stirring occasionally. You can also use a pressure cooker for 20 minutes on high. If your gravy needs to be thickened more, create slurry (3 tbs cornstarch and 3 tbs water mixed well); slowly add to pot a little at a time until at the consistency desired.

Colcannon

Ingredients

4 large potatoes, peeled and quartered	2 cups cabbage, chopped
2 tbs milk or cream	2 tbs butter
1/4 tsp salt	1/4 cup onion, chopped
1/8 tsp pepper	2 tbs butter, for frying

Cook potatoes in boiling, salted water until tender, drain and reserving water. Place in a large bowl and mash well or put through a ricer. **DO NOT USE AN ELECTRIC MIXER.** Add milk, salt, pepper and mix until fluffy. Use the potato water to cook cabbage for 6 to 8 minutes, until tender. Drain. In a saucepan melt butter and sauté onions until tender. Add mashed potato and cabbage to the pan with the onions. Heat through, stirring constantly so it does not burn. Serve hot with butter and Bangers (sausage).