



**March 9, 2016**

## **A Hearty Irish Meal to Honour St. Paddy's Day**

How are you planning to celebrate St. Patrick's Day tomorrow? While some may be planning to drink a lot of green beer to honour Ireland's patron saint, we are looking forward to a more refined celebration with Irish Lamb Stew, Herbed Popovers and maybe a pint (without food colouring!) or two.

The stew is a cinch if you are able to get your hands on some boneless lamb. This chunky stew is filled with root vegetables, like carrots, parsnip, turnip and – of course – potato. Stout beer adds an extra layer of richness to this hearty dish. No lamb? No problem – this dish is just as delicious with beef.

Of course, you need some bread to sop up every last drop of your stew! Irish soda bread recipes are a dime a dozen, so this year, we've opted for a popover recipe flavoured with chives and parsley for an extra bit of green. Popover pans are deeper than standard muffin tins, but if all you have is the latter, that should work just fine.

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### **IRISH LAMB STEW**

#### **Ingredients:**

2 1/2 tbsp canola oil, divided  
1 1/2 lb (0.75 kg) boneless lamb, cut into 1 inch cubes  
1 cup chopped celery  
1 cup chopped onion  
1 cup cubed carrots (1 inch)  
1 cup cubed parsnip (1 inch)  
1 cup cubed turnip (1 inch)  
1 clove garlic, finely chopped  
2 bay leaves  
1/2 cup salted butter  
1/2 cup all-purpose flour  
4 cups no-salt-added chicken broth  
1 1/2 cups stout or other strong dark beer  
1 cup cubed peeled potato (1 inch)

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2 tbsp chopped fresh parsley  
1 tbsp chopped fresh rosemary  
2 tsp fresh lemon juice  
1 tsp salt  
1/2 tsp freshly ground pepper

### **Method:**

1. Heat 1 1/2 tbsp oil in a Dutch oven over medium-high heat. Add lamb in batches and brown on all sides.
  2. Transfer lamb to a plate; set aside.
  3. Heat remaining 1 tbsp oil in same Dutch oven over medium heat. Add celery, onion, carrots, parsnip and turnip; sauté until softened, about 8 - 9 minutes.
  4. Add garlic and bay leaves; sauté for 2 minutes.
  5. Add butter and cook, stirring, until butter is melted. Add flour and cook, stirring, for 2 minutes.
  6. Add broth, 1 cup at a time, cooking and stirring constantly. Gradually stir in stout.
  7. Return lamb and any accumulated juices to Dutch oven; stir to combine. Bring to a boil.
  8. Reduce heat and simmer, covered, stirring occasionally, until lamb is tender, about 45 - 60 minutes.
  9. Add potato and stir to combine; simmer, uncovered, stirring occasionally, until potato is tender, about 25 - 30 minutes. Remove from heat; remove and discard bay leaves.
  10. Stir in parsley, rosemary, lemon juice, salt and pepper. Serves 4.
- Cook's Note: ATCO Blue Flame Kitchen used most of a 440 mL can of Guinness Draught for the stout.

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### **HERBED POPOVERS**

#### **Ingredients:**

1 cup (250 mL) flour  
1 cup (250 mL) milk  
4 eggs, lightly beaten  
1/2 tsp (2 mL) salt  
2 tsp (10 mL) dried chives



2 tsp (10 mL) chopped fresh parsley  
2 cloves garlic, finely chopped  
2 tbsp (25 mL) oil

**Method:**

1. Preheat oven to 400°F (200°C). Whisk together flour, milk, beaten eggs and salt just until a smooth batter forms. Stir in chives, parsley and garlic; set aside.
  2. Add 1/2 tsp (2 mL) oil to each of 12 muffin cups. Heat pan in oven for 10 minutes.
  3. Remove pan from oven. Working quickly, carefully pour batter on top of oil in each muffin cup, filling cups half full. Return pan to oven.
  4. Bake for 15 minutes or until golden brown. Reduce oven temperature to 350°F (180°C) and continue baking for 10 minutes or until well risen, browned and crisp. Serve immediately.
- Makes 12.