



COOKING WITH THE Q:

St. Patrick's Day Irish Stew

John and Eileen Monaghan's traditional Irish Stew is a hearty dish that is a St. Patrick's day staple in their home.

Traditionally made once a year for the holiday, this dish pairs well with a pint of Guinness and an Irish jig. Sláinte!

Ingredients:

- 3 1/2 lbs stew beef
- 4 cloves of garlic
- 2 medium yellow onions
- 8 medium carrots
- 4 large russet potatoes
- 2/3 cups of butter
- 3 cups of water
- 1/2 cup flour
- 3 tablespoons of salt or to taste
- 3 tablespoons of pepper or to taste
- Parsley or thyme to garnish

Instructions:

- Chop the beef into 2 inch chunks, mince the garlic, chop the yellow onions, slice the carrots, and peel and cube the potatoes.
- On you stove, bring a large saucepan to medium high heat, and sautee the butter, onions and garlic until fragrant.
- Add in the beef, salt and pepper and sautee until the beef is browned on the outside.
- Reduce heat, add 2.5 cups of water, cover the saucepan and let it simmer for 1.5 hours.
- Add in the carrots and the potatoes and let simmer again for 30 minutes.
- Blend flour with remaining 1/2 cup of water and add to the stew, and stir until thick.
- Garnish with fresh parsley or thyme and enjoy!