

Recipe of the Month – October

Irish Stew with Soda Bread

Serves 6

Ingredients for Stew

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| 650g | Diced Lamb |
| 2 x | Onions – diced |
| 1 x | Leek – chopped |
| 1 x | Turnip – peeled and chopped |
| 2 x | Potatoes – peeled and chopped |
| 10g | Butter |
| 300ml | Beef Stock |
| 1tbsp | Fresh Parsley – chopped |
| 1tsp | Salt |
| ½ tsp | Fresh Sage – chopped |
| ½ tsp | Fresh Mint – chopped |
| ¼ tsp | Ground Mace |

Method for Stew

1. Melt the butter in a large saucepan and brown the Lamb.
2. Add the chopped onion and lightly brown.
3. Add the turnip, potato and leek to the pan and cook for a few minutes.
4. Add in the beef stock with the parsley, sage, mint and mace.
5. Bring to the boil and then reduce heat and simmer for approximately 50 minutes or until the meat is tender.

Ingredients for Soda Bread

| | |
|-------|---------------------|
| 170g | Self-Raising Flour |
| 170g | Plain Flour |
| ½ tsp | Salt |
| ½ tsp | Bicarbonate of Soda |
| 290ml | Buttermilk |

Method for Soda Bread

1. Pre-heat oven to 400F/200C/Gas mark 6.
2. Sieve both flours in to a bowl with the salt and bicarbonate of soda and stir.
3. Make a well in the centre and pour in the buttermilk.
4. Mix with a fork to form a firm dough ensuring it is not too sticky.
5. Turn the dough on to a lightly floured surface and knead briefly.
6. Form the dough in to a ball and flatten slight before placing on to a lightly floured baking tray.
7. Cut a cross on top of the dough and bake for about 30 minutes.
8. If the loaf does not sound hollow when tapped, cook for a bit longer.
9. Cool on a wire rack.