

Recipe of the Month – March

Irish Stew with Soda Bread

A delicious, hearty meal perfect for St Patrick's Day!

Serves 6

Ingredients for Stew

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.