

Guinness Lamb Stew with Walnut Irish Soda Bread Dumplings

Time: 1 1/2 Hrs Start to Finish

Servings: Six . Please adjust for number of guests

STEW INGREDIENTS

2 lb Lambstew meat, cut into 1 1/2-inch piece

Kosher salt and ground black pepper

1 pound mixed mushrooms sliced

1 large yellow onion, diced

2 medium carrots, peeled and diced

2 celery stalks, diced

1 small potato, peeled and diced

1 tsp ground cumin

1 Tbsp finely minced fresh rosemary

12 – ounce bottle Guinness beer

3 cups low-sodium beef stock

METHOD

- Season the lamb with salt and pepper. Heat a large Dutch oven or heavy bottomed pot over medium – high heat. Add the lamb and sear until well browned. Use a slotted spoon to transfer the lamb to a plate.
- Add the mushrooms to the pot and cook until well browned and tender. 8- 10 minutes. Use a slotted spoon to transfer mushrooms to a bowl and set aside.
- Add onion, carrots, celery, potato, cumin and rosemary to the pot. Cook until beginning to brown for 6- 8 minutes.
- Return the lamb to the pot. Add the Guinness and broth. Cover and cook for 45 – 60 minutes or until the lamb is tender and vegetables are cooked through.
- Using tongs, transfer the chunks of lamb to the bowl with the mushrooms.
- Working in batches, if necessary, ladle the vegetables and broth into a blender and blend until smooth.
- Return blended mixture to the pot, along with the lamb and mushrooms. Return to a low simmer.

Like most stews, this one only improves with age. For a do-ahead option, prepare the stew as directed, but chill it after the pureeing and recombining steps. When ready to serve, return the stew to a simmer, then proceed with the dumpling portion of the recipe.

DUMPLINGS

½ cup chopped toasted walnuts

1 ½ cups white whole wheat flour

¾ cup all-purpose flour

¾ tsp salt

¾ tsp baking soda

1 ½ cups buttermilk

1 egg

3 Tbsp butter melted

METHOD

- In a medium bowl, stir together the walnuts, both flours and salt plus the baking soda.
- In another bowl, whisk together the buttermilk, egg and melted butter.
- Gently mix the buttermilk mixture into the flour mixture.
- Using a spoon or a cookie/ice cream scoop, dollop the dough on the top of the hot stew.
- Cover and cook for about 10 mins or until the dumplings are cooked through. (May be done at the start of a meal, if serving a first course.)

Source: Associated Press 2015

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