



# Homemade Irish Stew



## INGREDIENTS

- Lamb
- Potatoes
- Carrots
- Turnip
- Onions
- Pearl Barley
- Stock
- Mother Gahan's Secret Ingredients

## Method

1. Heat a little oil in a frying pan and add the meat until browned all over—do this in batches if necessary so as not to overcrowd the pan.
2. In a large casserole dish, start with a layer of meat, then top with a layer of onions, potatoes, carrots and turnips. Repeat until all the ingredients have been added, seasoning well between layers.
3. Add the pearly barley, pour in the stock, cover and bring to the boil. Reduce the heat and simmer gently for 1½ to 2 hours, until the meat is tender.
4. Season to taste and serve with fresh bread rolls to mop up the sauce.

## ADDRESS

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## OPENING HOURS

Mon-Wed: 13:00-01:00  
Thur: 13:00-02:00  
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Sun: 14:00-24:00