

Irish Stew

March 17th, 2023

This recipe serves: 4

Prep Time: 00:45

Cook Time: 00:30

Perhaps the perfect meal to celebrate St. Patrick's day, is Irish Stew. While Irish Stew typically requires the inclusion of a "pint of stout" for additional flavor, I have found that the deep complexity can be easily accomplished by replacing the st out with a tablespoon of Marmite. We dissolve the Marmite in hot water to ensure that it is fully integrated throughout the final stew.

Ingredients:

- 1 Package Johnsonville Irish O' Garlic Sausage
- 1 Tablespoon Vegetable Oil
- 4 Tablespoons Unsalted Butter
- 1 Large Onion, diced
- 3 Large Celery Ribs, diced
- 1 Tablespoon Marmite, with 1/4 Cup Hot Water, mixed well
- 2 Tablespoons Brown Sugar
- 1/2 Cup All Purpose Flour
- 6 Cups Beef Stock, Chicken Stock, or Vegetable Stock
- 2 lbs Golden Potatoes, diced
- 4 Sprigs Fresh Thyme

Directions:

Remove the Sausage Casings from each Sausage. Break up the Sausages into bite-sized pieces.

In a saucepan or pot, over medium heat, grill the Sausage until fully cooked and Sausages begin to turn a golden color.

Remove the Sausages from the heat and cool for about 10 minutes.

Add the Vegetable Oil and Butter into a large pot (around 6 or 8 quarts).

Place over medium heat and melt the butter.

Stir in the Onions and Celery.

Sweat the Onions and Celery, stirring occasionally.

Meanwhile add the Marmite and the Brown Sugar to about 1/4 Cup of heated Water. Stir until fully dissolved.

Clean and dice the Potatoes.

After the Onions and Celery start to become translucent, add the Flour.

Continue to stir for 2 minutes, while the Flour begins to brown slightly.

Add the Stock and Marmite Water. Stir well, scraping any brown bits from the bottom of the pan.

Add the Potatoes and gently stir.

Add the Fresh Thyme. Stir well.

Reduce the heat.

Lid, then simmer for 20 to 30 minutes, ensuring that the Potatoes are cooked all the way through.

Serve with Irish Bread.