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RECIPE
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Irish Stew



This traditional stew made from lamb is a celebrated Irish dish.



MAKES 4 SERVINGS

- 1 1/2 Pounds lamb cutlets (1/2" cubed)
- 2 Tablespoons olive oil
- 1/2 Cup white flour
- 1 Medium sized chopped onion
- 5 Cubed baby red potatoes
- 1 Cubed medium rutabaga
- 3/4 Pounds pre-peeled baby carrots
- 1 Cup red wine
- 1 Tablespoon of Worcestershire sauce
- 12 Ounces fresh mushrooms
- 2 Ears of sweet corn
- 1 Teaspoon rosemary, garlic salt, black pepper

- 1 Combine flour and garlic salt. Lightly coat lamb cubes in flour mixture. Sauté lamb, onion, and mushrooms in skillet with olive oil.
- 2 When lamb is thoroughly browned, add 1/2 cup of red wine. Simmer for 10 minutes or until liquid condenses.
- 3 Transfer lamb, onions, and mushroom mixture to a stew pot. Add rutabagas, potatoes, and remaining red wine, carrots, Worcestershire sauce, black pepper, and rosemary. Cook on medium to high heat at a boil for 30 minutes.
- 4 Cut raw corn from ear. Stir corn into stew. Cook another 15 minutes.
- 5 May also be garnished with mashed potatoes.

TIP: YOU CAN ALSO PAIR YOUR TANGO WITH TOMATO SOUP OR VEGETABLE LASAGNE.

Serve it with a glass of Tango and even add some while cooking for optimal flavours!



Rich flavours of ripened cherries and dried prunes carry throughout. The dark notes present a hint of chocolate or coffee. Aromas of eucalyptus, violets, black cherry, and blackcurrants entice the nose while the sweet ripe apple finish will have you wanting more, especially if you like a blend of French and American oak chips. This red includes GenuWine Dried Merlot Grape Skins.

OAK 4 BODY 4 SWEETNESS 0

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All recipes provided by cooks.com and foodnetwork.ca. Please enjoy responsibly.

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