

DINNER

How to Make Irish Stew

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
165 min	20 min	145 min	6	\$3.41	384 kcal



The recipe How to Make Irish Stew can be made in around 2 hours and 45 minutes. For \$3.41 per serving, this recipe covers 28% of your daily requirements of vitamins and minerals. This recipe serves 6. One serving contains 384 calories, 35g of protein, and 13g of fat.

Ingredients

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| ☐ 1½ pounds baby Dutch yellow potatoes | ☐ 1 tablespoon butter |
| ☐ 2 carrots, chopped | ☐ 2 stalks celery, chopped |
| ☐ 3 cups chicken stock | ☐ ½ teaspoon dried rosemary |
| ☐ 2 tablespoons all-purpose flour | ☐ ¼ cup chopped green onions |
| ☐ 6 servings salt and ground black pepper to taste | ☐ 3 pounds lamb shoulder chops |
| ☐ 1 onion, chopped | ☐ 1 tablespoon vegetable oil |
| ☐ 6 servings water as needed | |

Method

- 1 Season lamb shoulder chops with salt and black pepper.
- 2 Heat oil in a large heavy skillet over high heat. Working in batches, cook lamb shoulder chops until browned on both sides, 3 to 5 minutes per side.
- 3 Transfer chops to a stock pot.
- 4 Cook and stir onion with a pinch of salt in the same skillet over medium heat until slightly softened and edges are browning, about 5 minutes. Stir butter into onion until melted; add flour and stir until onions are coated, about 1 minute.
- 5 Pour stock into onion mixture; bring to a boil, add rosemary, and stir until mixture thickens, 5 to 10 minutes.
- 6 Stir carrots and celery into pot with lamb shoulder chops and pour chicken stock mixture over the top.
- 7 Add water as needed to cover meat completely. Bring mixture to a simmer, reduce heat to low, cover the pot with a lid, and cook until meat is almost falling off the bone, about 1 1/2 hours.
- 8 Transfer meat to a plate. Stir potatoes into stew and return meat to stew, placing on top of vegetables. Simmer, covered, until potatoes are tender and meat is falling off the bone, about 30 minutes.
- 9 Transfer meat to a plate using a slotted spoon. Bring stew to a boil and cook, skimming off fat, until stew is reduced and thick, 10 to 12 minutes.
- 10 Remove meat from bones; discard bones and any pieces of fat. Stir meat back into stew. Stir green onions into stew and season with salt and pepper to taste.

Nutrition per serving

	384 KCAL	35 g PROTEIN	13 g FAT	30 g CARBS
Saturated Fat				4.6 g · 29% of daily needs
Fibre				3.8 g · 15% of daily needs
Sugar				4.8 g · 5% of daily needs
Sodium				330 mg · 14% of daily needs
Cholesterol				100 mg · 33% of daily needs
Vitamin C				26.3 mg · 32% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at [whatsheate.com/how-to-make-irish-stew-148177](https://www.whatsheate.com/how-to-make-irish-stew-148177)