



Irish Stew

 Very Healthy

READY IN



180 min.

SERVINGS



6

CALORIES



1377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings bay leaf
- ☐ 6 servings pepper black freshly ground
- ☐ 1 bouquet garnic (parsley, thyme, and bay leaf)
- ☐ 1 ounce butter
- ☐ 1 stick butter
- ☐ 7 carrots chopped
- ☐ 3 stalks celery roughly chopped
- ☐ 6 servings chicken carcass

- ☐ 1 bunch chives
- ☐ 1 small bunch chives finely chopped
- ☐ 1 sprig thyme leaves dried
- ☐ 2.5 pounds best end of lamb neck cut into large pieces
- ☐ 6 servings oil for frying
- ☐ 1 onion
- ☐ 2 medium onions chopped
- ☐ 1 bunch parsley finely chopped
- ☐ 1 small bunch parsley finely chopped
- ☐ 2 tablespoons pearl barley
- ☐ 12 medium potatoes
- ☐ 6 servings salt (recommended: Fleur du Sel)
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 sprig thyme leaves
- ☐ 4 cups water

Equipment

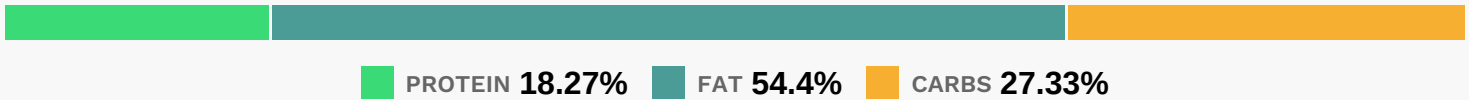
- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large heavy-bottomed saucepan, cook the onions in oil and butter, on medium-high heat until they are translucent.
- ☐ Add the dried thyme and stir.
- ☐ Add the lamb and brown on a high heat to seal in juices.
- ☐ Add carrots, and pearl barley.

- ☐ Pour in the Chicken Stock so that it almost covers the meat and vegetables. Season with salt and pepper, and add Bouquet garni. Cover and cook on low heat for 2 hours, being careful not to boil.
- ☐ Place potatoes on top of the stew, cover and cook for 30 minutes until the meat is falling beautifully off the bones and the potatoes are fork tender.
- ☐ Serve the stew in large flat soup bowls, and drizzle Herb Butter over the potatoes or garnish with parsley and chives.
- ☐ Preheat the stockpot.
- ☐ Combine ingredients in a large heavy-bottomed saucepan and cover with water. Bring to boil and simmer for approximately 30 minutes. Then let it cool down and skim off the fat.
- ☐ Melt butter in a small saucepan.
- ☐ Add parsley, chives and thyme.

Nutrition Facts



Properties

Glycemic Index:96.6, Glycemic Load:58.2, Inflammation Score:-10, Nutrition Score:60.451739311218%

Flavonoids

Apigenin: 41.6mg, Apigenin: 41.6mg, Apigenin: 41.6mg, Apigenin: 41.6mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 2.85mg, Isorhamnetin: 2.85mg, Isorhamnetin: 2.85mg, Isorhamnetin: 2.85mg Kaempferol: 4.4mg, Kaempferol: 4.4mg, Kaempferol: 4.4mg, Kaempferol: 4.4mg Myricetin: 2.86mg, Myricetin: 2.86mg, Myricetin: 2.86mg, Myricetin: 2.86mg Quercetin: 14.49mg, Quercetin: 14.49mg, Quercetin: 14.49mg, Quercetin: 14.49mg

Nutrients (% of daily need)

Calories: 1377.04kcal (68.85%), Fat: 83.62g (128.64%), Saturated Fat: 36.5g (228.1%), Carbohydrates: 94.51g (31.5%), Net Carbohydrates: 79.13g (28.77%), Sugar: 9.64g (10.71%), Cholesterol: 269.98mg (89.99%), Sodium: 646.76mg (28.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.2g (126.4%), Vitamin K: 367.88µg (350.37%), Vitamin A: 14654.25IU (293.08%), Vitamin C: 122.61mg (148.61%), Vitamin B3: 24.58mg (122.92%), Vitamin B6: 2.14mg (107.04%), Potassium: 2952.63mg (84.36%), Vitamin B12: 4.74µg (79.04%), Selenium: 55.13µg (78.76%), Phosphorus: 782.11mg (78.21%), Zinc: 9.88mg (65.88%), Iron: 11.54mg (64.12%), Manganese: 1.25mg (62.63%), Fiber: 15.39g (61.55%), Magnesium: 201.86mg (50.47%), Vitamin B1: 0.73mg (48.41%), Vitamin B2: 0.78mg (45.77%), Folate: 180.74µg (45.18%), Copper: 0.88mg (43.78%), Vitamin B5: 3.91mg (39.11%), Calcium: 236.29mg (23.63%), Vitamin E: 2.52mg (16.78%), Vitamin D: 0.41µg (2.71%)