



# Ballyhoura Irish Stew

by The Culinary Celt



## Ingredients

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Gigot Lamb Chops – 4 medium  
Pearl Barley – 100 grams washed and par cooked  
Onions - 2 medium  
Carrots - 2 medium  
Leeks – 1 small washed  
Olive Oil – a small drizzle  
Butter – 1 tbs  
1.5 litres lamb stock (vegetable, beef or chicken)  
Bay leaf  
Fresh thyme  
Salt and Pepper - for seasoning  
Potatoes – 4 medium  
Fresh Parsley - chopped

## Method

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Trim the excess fat off the gigot lamb chops. Do not remove the bones as they will provide the dish with additional flavour.

Rinse the pearl barley and boil it in water for 20-30 minutes until par cooked.

Peel the onions, carrots and potatoes. Then cut the carrots and onions into quarters. Wash and chop the leeks into ½ inch chunks. Brown the chops with a small drizzle of olive oil and 1 tsp of the butter in a heavy casserole pot. Then remove the chops and do the same with the carrots, onions and leeks.

When the vegetables are browned add the meat back into the pot. Add the lamb stock, bay leaf, fresh thyme and pearl barley to the mixture. Then season it with salt and pepper, remembering that it will reduce. Allow to simmer for half an hour with the lid on, then add the potatoes on top to cook.

Cover and simmer gently for a further 1 and a ½ hours (approximately) on a gentle heat. Check the seasoning again and add parsley.

***Meat: sourced from Hanley's Butchers in Mitchelstown***

***Vegetables and Fresh Herbs: sourced from the Killavullen Farmers Market***