



## Irish Lamb Stew

½ lb. bacon diced \*

2 lbs. lamb cut for stew \*

1 teaspoon salt \*

½ teaspoon pepper \*

2 cloves of garlic minced \*

1/2 cup water

4 cups of beef stock \*

2 teaspoon sugar

2 cups of carrots cut into 1 inch pieces \*

½ yellow onion chopped \*

2 cups of potatoes peeled and quartered \*

1 cup flour In frying pan sauté bacon until crispy, remove just the bacon into a separate bowl.

In a mixing bowl combine salt, pepper, and flour.

Divide lamb into 3 groups and toss pieces into mixture and coat.

Reheat frying pan with bacon grease still in and add lamb pieces and brown.

Add a little oil if needed. Transfer lamb pieces into a large pot.

In the frying pan sauté onion and garlic.

Deglaze the frying pan with ½ cup water and add that to the pot.

Add all of this mixture to the pot along with the bacon, beef stock and sugar.

Simmer for 1 ½ hours, or until tender.

Add all other remain ingredients and simmer 25 minutes longer.