

## Ireland in 20 questions

### QUESTION 17

#### Food

#### A recipe : Irish stew

**Ingredients :**

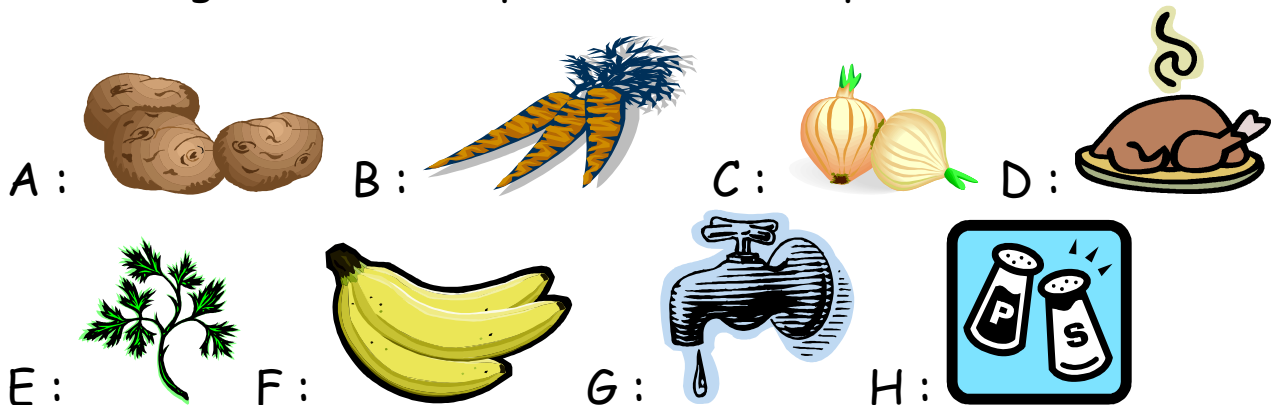
- 900 g potatoes, peeled and sliced
- 900 g boned mutton or lamb
- 2 large onions, sliced
- 1 tablespoon freshly chopped thyme
- 1 tablespoon freshly chopped parsley
- 430 ml water
- salt and black pepper

**Serves 4**

Trim the mutton, leaving just a little of the fat on the bones. Layer the meat, potatoes and onions in a large saucepan, starting and finishing with a layer of potatoes, and seasoning each layer with the herbs and salt and pepper. Pour the water into the pan and cover it with a tight-fitting lid.

Simmer the stew very slowly for about 2-2 1/2 hours, shaking the pan occasionally to prevent the potatoes from sticking, and add extra water if necessary to stop the stew drying out. The finished stew should not be watery as the potatoes will help to thicken it.

These ingredients are part of the recipe :



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