



## Irish Lamb Stew

1½ pounds thickly sliced bacon, diced	4 cups beef stock
6 pounds boneless lamb shoulder, cut into 2 inch pieces	2 teaspoons white sugar
½ teaspoon salt	4 cups diced carrots
½ teaspoon ground black pepper	2 large onions, cut into bite- size pieces
½ cup all-purpose flour	3 potatoes
3 cloves garlic, minced	1 teaspoon dried thyme
1 large yellow onion, chopped	2 bay leaves
½ cup water	1 cup white wine

### Instructions:

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble, and set aside.

Put lamb, salt, pepper, and flour in a large mixing bowl. Toss to coat meat evenly. Brown meat in a frying pan with bacon fat.

Place meat into a stock pot (leave 1/4 cup of fat in the frying pan). Add the garlic and yellow onion and saute until the onion begins to become golden. Deglaze the frying pan with 1/2 cup water and add the garlic-onion mixture to the stock pot with bacon pieces, beef stock, and sugar. Cover and simmer for 1 1/2 hours.

Add carrots, onions, potatoes, thyme, bay leaves, and wine to the pot. Reduce heat, and simmer covered for 20 minutes until vegetables are tender.

### Nutritional Information

Serving Size: 10 servings • Calories: 672  
[www.allrecipes.com/recipe/16035](http://www.allrecipes.com/recipe/16035)



## Irish Soda Bread Muffins

3 cups all-purpose flour
1 cup raisins
½ cup white sugar
2 tablespoons white sugar
1 tablespoon caraway seeds
1 tablespoon baking powder
1 teaspoon salt
¼ teaspoon baking soda
1¾ cups buttermilk
1 egg
¼ cup butter, melted

### Instructions:

Preheat the oven to 400 degrees F (200 degrees C). Line a muffin tin with paper liners.

Mix flour, raisins, 1/2 cup plus 2 tablespoons sugar, caraway seeds, baking powder, salt, and baking soda in a large bowl.

Whisk buttermilk and egg together in a small bowl. Stir into flour mixture. Fold butter into the batter.

Spoon batter into the prepared muffin tin.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, 20 to 30 minutes.

### Nutritional Information

Serving Size: 12 servings • Calories: 252  
[www.allrecipes.com/recipe/256753](http://www.allrecipes.com/recipe/256753)