

All-in-one Lamb & Guinness Stew



Serves 6

Prep 30 mins

Cooking 1h 30 mins

Easy

Ingredients

2 tbsp plain flour
2 tbsp butter, softened
mashed potatoes, to serve

Stew

600g lamb neck, trimmed of excess fat and cut into chunks
2 leeks, chopped
300g chantenay carrots, halved lengthways
300g swede, peeled & cut into 2cm pieces
300ml Guinness
400ml lamb stock
a few sprigs of thyme + a few leaves to garnish

1. Heat the oven to 190C/ fan 170C/ Gas 5. Put all the stew ingredients in a large casserole, season and stir well. Put a sheet of foil under the lid to create a tighter seal, then firmly push the lid down. Cook in the oven for 1 hour.
2. Meanwhile mash the flour and butter together until a smooth paste is formed. After an hour cooking, stir the flour mixture into the stew and put back into the oven, uncovered for another 30 mins to 1 hour or until the lamb is tender and the stew has thickened. Stir in a few fresh thyme leaves, and serve with mashed potatoes and peas.