

Irish Stew with Pearl Barley



Serves 4

Prep 20mins

Cook 1h 45 mins Easy

Ingredients

4 lamb leg chops, 350g each, bone in if possible
4 carrots, peeled and cut into 4 cm pieces
2 celery stalks, trimmed and cut into 4 cm pieces
3 onions, peeled and cut into wedges
50g pearl barley
600ml lamb or chicken stock
8-12 potatoes
2 tbsp parsley

1. Heat the oven to 170C/fan 150C/Gas 3.5. Put a casserole or large ovenproof saucepan on a medium-high heat.
2. Trim the excess fat from the chops. Cut the chops in half lengthways so as not to go through the bone.
3. Put a tbsp of oil in the pan, turn the heat up high and then put the chops in the pan. Cook on both sides until brown, season, and then transfer them to a plate.
4. Add the carrots, the celery & onions to the pan. Toss on the heat for a couple of minutes until starting to go slightly golden at the edges.
5. Return the meat (and all the juices) to the pan with the barley and stock and stir to combine. Bring to the boil, cover and cook in the oven for 1 hour.
6. Meanwhile peel the potatoes and halve if large. Once the hour is up, take the pan out of the oven and put the potatoes on top. Check the liquid, as the barley soaks up a lot of it, otherwise you risk it cooking dry. Cover and put back in the oven for 35-45 mins until cooked. Scatter with the parsley and serve.