

County Cork Irish Stew

8 small Lamb Chops.
Salt & Pepper
1 TBSP Vegetable Oil
Parsley, bay Leaves, Peppercorns, thyme, and Rosemary
1lb Potatoes, 3 to 4 medium
2 cups finely Shredded Cabbage
1 medium onion, chopped
1 lg Leek white, Sliced thin
12 small white Onions
1 ½ cups celery stalks, Diced
1 ½ cups peas
Chopped Fresh Parsley

Season chops with salt and pepper. Heat oil in saucepan wide enough to hold all chops in a single layer. Brown on both sides. Spoon of any melted fat and add enough water to cover chops. Bring to a boil and add parsley, bay leaf, peppercorns, thyme and rosemary enclosed in cheesecloth. Lower heat and simmer. Meanwhile, quarter the potatoes, add cabbage, onion, well-rinsed leek, white onion and celery to chops and liquid. Simmer 20 minutes then add peas. Add a little more water if needed during cooking. Simmer 10 minutes more or until potatoes are tender. Correct seasoning. Garnish with fresh parsley and serve.

By John Long.