



Duffified New Celtic Stew

This hearty dish is lighter and healthier than the traditional version but packs more flavor with fresh vegetables and delicious meats. The addition of Stout, Mead & Whiskey... these three spirits combine perfectly to add a sweetness & a bite to the this non traditional stew. New Celtic stew is the perfect St. Patrick's Day alternative to corned beef and cabbage.

Yields 4 to 6 servings

Brian Duffy

<http://www.Chefbrianduffy.com>

@chefbriduff

3 pound lean stewing beef cleaned and cut into 1-1/2" to 2" cubes

4 cup Irish stout

½ Cup Irish Whiskey

½ cup mead or honey wine

2 cup Demi Glace

2 Tbsp Olive oil

3 Tbsp flour

Salt and fresh black pepper

2 bay leaves

1 teaspoons fresh marjoram

1 sprig of thyme picked

2 large onions large dice (3/4")

1/2 cup carrots large dice

1/3 cup rutabaga large dice

1/3 cup turnip large dice

1 cup potatoes large dice

2 teaspoons tomato paste

2 cup Demi Glace

- Trim fat from meats, toss with flour, salt and pepper coating evenly. In a separate pan heat the stout, mead, Whiskey and beef stock. Cook out for 3 – 6 minutes
- Heat the oil in a Dutch oven over high heat. Brown the meat in the Dutch over on all sides. Add the onions and the tomato paste.
- Cover and cook the meat and onions for about 5 to 6 minutes. Add the remaining ingredients except the herbs and begin to sweat (allow the vegetables to release some of the liquid and not to turn brown). Add the hot stout, mead and stock mixture. Stir to remove the fond or brown bits from the bottom of the pan. Check for seasoning and adjust accordingly. Cover and simmer for 2 hours or until the meat is tender.
- The last 20 minutes add the fresh herbs adjust the seasoning & serve with wheaten bread. Garnish with fried carrots and leeks

Styled as a Rustic Bowl with Buttered Wheaten Bread on the side (Scones will do)

Topped with Fried Leeks & Fried Carrots Sprigs of Marjoram & Thyme