

# Irish Stew



In the true tradition, stew is made with what one has on hand or what is available. For meat eaters, I propose using a turkey breast filet with this recipe. For the plant-based folks, try “Gardein Beefless Tips”. (I’ve also used marinated/grilled tofu.) Make this dish early in the day and let it rest until dinnertime.

While the stew rests today, roast the beets that are on the grocery list for today. Scrub them, place them in an oiled and covered baking dish and bake them of 1 hour at 375°. Allow them to cool and store them in the fridge in a sealable bag for Tuesday’s meal.

**Preparation time: 1 hour and 15 minutes - Servings: 4**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize all ingredients in small bowls or on plates. Set all ingredients out so they’re easy to add to the recipe. Wait to make the salad until just before you dine.

### Broth and Meat Preparation

#### Broth:

1 Not Chick’n Bouillon cube  
dissolved in  
2 C. boiling water

#### Meat:

1 tsp. olive oil  
8 oz. turkey breast fillets or round  
steak (cut into 1” pieces)  
1/2 C. white wine

#### Plant-based Choice:

1 tsp. olive oil  
8 oz. (frozen) Gardein Beefless Tips  
1/2 C. white wine

### Rolls and Orange/Avocado Salad

4 Artisan rolls (warmed)  
  
4 large leaf lettuce leaves  
2 Mandarin oranges (sectioned)  
2 Avocados (sliced)

#### Dressing:

1 T. olive oil  
2 tsp. lime juice  
1/4 tsp. prepared mustard  
a pinch of salt

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1 tsp. olive oil  
6 crimini mushrooms (washed, thick-sliced)  
1 tsp. olive oil  
2 cloves garlic (smashed and chopped)  
1-1/3 C. red onion (coarsely chopped)  
1-1/2 C. celery (chopped)  
1/2 C. white wine  
1 C. vegetable or chicken broth

2 large carrots (halved and cut into pieces)  
2 russet potatoes (washed, cut into 1” pieces)  
2 C. green beans (cut into 1” lengths)  
2/3 C. green bell pepper (chopped)  
2/3 C. red bell pepper (chopped)

1 tsp. dried basil leaves  
1 tsp. dried oregano leaves  
1 bay leaf  
1/2 tsp. dried rosemary leaves (ground fine)  
1/4 tsp. ground savory  
1/2 tsp. salt  
1 tsp. fresh-ground black pepper

1 C. vegetable or chicken broth

#### Flour Roux:

4 T. all-purpose flour  
combined with  
3/4 C. nonfat milk (shaken until smooth)

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

I always start a stew by browning the meat choice and setting it aside. Then I can use the same kettle to assemble the rest of the stew.

### Broth and Meat Choice

Drop 1 bouillon cube into 2 C. boiling water. Stir well to dissolve bouillon and set aside.

#### Meat:

Measure oil into bottom of large, heavy-bottomed kettle and brown chopped turkey or round steak. Add ½ C. white wine to pan of browned meat. Toss a couple of minutes rubbing the bottom of the pan with a spatula to bring up brownings. Remove from pan and set aside.

#### Plant-based Choice:

Brown frozen Beefless Tips in oil over medium-high heat for about 8 minutes. Add white wine and toss tips while rubbing the bottom of the pan with a spatula to bring up brownings. Remove from pan and set aside.

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1. Use the kettle the meat was cooked in to brown mushrooms in oil. Remove from pan and set aside.
2. Add more oil to pan and sauté garlic, onion and celery until onion turns translucent. Add broth and boil 2 minutes. Scrape bottom of pan with spatula to bring up any brownings.
3. Add remaining vegetables to broth mixture. Add spices and remaining broth. Return meat and mushrooms to pan, return to a boil, cover and cook 30 minutes over low heat. (Set a timer so you don't forget.)
4. When timer sounds, stir flour roux into boiling liquid in pan to thicken. Return liquid and vegetables to boil and cook 10 minutes over low heat, stirring occasionally. Turn off burner and let rest until ready to dine. Return stew to a boil just before serving.

### Rolls and Orange/Avocado Salad

Wrap rolls in foil and place in a 200° oven for 20 minutes.

Break up lettuce on individual salad plates. Arrange each salad with sections from ½ of a Mandarin orange and ½ of a sliced avocado over the lettuce. Dress each salad with a couple of tsp. of oil and lime juice dressing.

Serve stew in shallow bowls with salads and rolls on the side.

### What I've Learned from this Recipe

When browning meats before cooking dishes like stew, I always add broth or wine to the pan after the meat is browned and rub the bottom of the pan with a spatula to bring up the caramelized meat drippings remaining on the bottom of the pan. The caramelization of the fats in the meat are critical to the finished flavor of the dish.

Let us know what you think, and ask any questions you have! [chezdon@plate6.com](mailto:chezdon@plate6.com)