

ALI'S KITCHEN

Usher in March with Hearty Irish Stew

Made using potatoes, carrots and tender beef, St. Patrick would be proud

Column and photos by Ali Carter, Wisconsin Potato Growers Auxiliary

Ah, March is a few short weeks away, the month that brings us hope that warmer weather will soon be here and ushers in the promise that planting season is just around the corner. And, it's the month of Saint Patrick's Day!

I'm not one to celebrate by donning shamrock earrings or drinking green beer, and I've been known to wander through an entire St. Patty's Day without a stitch of green on

my person (Fun Fact: Did you know that blue was the color originally associated with St. Patrick?).

However, I will gladly celebrate the day by preparing a delicious, hearty Irish stew filled with potatoes, carrots and tender beef to show you that I'm not a complete fuddy-duddy (um, wait, does the fact that I use a phrase like fuddy-duddy actually make me one?).

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Ingredients: Irish Beef Stew

- 1/2 cup all-purpose flour
- 1/2 teaspoon freshly ground pepper
- 1 teaspoon salt
- 3 tablespoons vegetable oil
- 1 pound beef stew meat (cut into inch cubes)
- 4 cups beef broth
- 1 cup water
- 1 cup of Guinness beer
- 1/2 cup red wine
- 2 bay leaves
- 1 tablespoon dried thyme
- 1 tablespoon Worcestershire sauce
- 3 large russet potatoes (peeled and cut into 1/2-inch cubes)
- 1 medium onion (roughly chopped)
- 4 medium carrots (peeled and cut into 1/4-inch bite-sized rounds)

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DIRECTIONS

In a medium-sized bowl, combine the flour, pepper and salt. Add the beef and toss to coat well with the flour mixture.

Heat vegetable oil in a large pot. Add the beef a few pieces at a time, being careful to not overcrowd and cooking in batches if needed. Cook until the beef is nicely browned on all sides (this will take about five minutes per batch).

Add the beef broth, water, Guinness, red wine, bay leaves, thyme and Worcestershire sauce. Stir to combine. Bring to a boil, then reduce to a very slow simmer.

Cover and cook for 1 1/2 hours, until beef is tender.

Add the potatoes, onions and carrots to the beef stew and simmer



uncovered until vegetables are tender, about 30 minutes more.

Remove and discard the bay leaves, skim the top of the pot to remove any excess fat from the stew and season with salt and pepper to taste.

Enjoy! **BC^T**

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