

# Guinness Irish Stew with Parsley Dumplings



3 lb lamb or beef stewing meat,  
cut in bite-sized pieces  
1 onion, peeled and chopped  
2-3 cups beef stock  
1 can Guinness or other stout beer  
(or more stock)  
4 thin-skinned potatoes, diced  
2 carrots, peeled and diced  
1/2-1 cup frozen peas

## Parsley Dumplings:

1 1/3 cups all-purpose flour  
1 handful fresh parsley, chopped  
1 Tbsp. sugar  
1 1/2 tsp. baking powder  
1/4 tsp. salt  
1 cup heavy (whipping) cream

In a large, heavy pot, brown the meat in a drizzle of oil in batches (without crowding) over medium-high heat. Transfer to a bowl and cook the onions in the same pot. Pour in the stock and bring to a simmer, scraping up the browned bits on the bottom of the pan. Return the meat to the pot, add the Guinness, cover and put into a 300F oven for 2 1/2-3 hours.

Add the potatoes and carrots, cover and cook for another 20 minutes. Meanwhile, make the dumpling dough: in a medium bowl, stir together the flour, parsley, sugar, baking powder and salt. Add the cream and stir just until the dough comes together.

Remove the pot from the oven and set on the stovetop over medium-high heat and bring to a simmer. Drop the biscuit batter by the large spoonful on top of the simmering stew, cover and cook for 15 minutes, until the biscuits are cooked through. If you like, put the pot under the broiler for a few minutes to allow them to brown. Serves 6.