

# Irish Stew

In the true European tradition, stew is made with whatever is on hand. Plant-based folks can use Plant-based “Beefless Tips” or marinated/grilled tofu for the stew. For meat eaters, I propose using a turkey breast fillet with this recipe. Make this dish mid-afternoon and let it rest until dinnertime.

While the stew rests, roast the beets that are on the grocery list for today. Scrub them, place them in an oiled and covered baking dish with a little water and bake for 1 hour at 375°. Allow to cool and store them in the fridge in a sealable bag for Tuesdays 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  
2 C. boiling water

#### Plant-based Choice:

1 tsp. olive oil  
8 oz. “Beefless Tips” (Do not thaw)  
1/2 C. white wine  
- or -

#### Marinated Tofu (Tips and Time Savers)

#### Optional Meat:

1 tsp. olive oil  
8 oz. turkey breast fillets (cut into 1” pieces)  
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 cremini 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  
1-1/2 C. bouillon 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)  
1/2 tsp. ground savory  
1/2 tsp. salt  
1 tsp. fresh-ground black pepper

#### Flour Roux:

4 T. all-purpose flour  
combined with  
3/4 C. nonfat milk (shake until smooth)  
(If needed, use low-sodium broth to thin gravy.)

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

### Basic Assembly Instructions

Start the stew by browning the meat choice and setting it aside. Deglaze the kettle used to brown the meat and set deglazing liquid aside with meat.

If using marinated grilled tofu, start by browning mushrooms. When adding tofu to the stew, include 1/2 C. of the marinade with it.

### Broth and Meat Choice

Drop bouillon cube into 2 C. boiling water. Stir well to dissolve bouillon 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.

#### Optional Meat:

Measure oil into bottom of large, heavy-bottomed kettle and brown chopped turkey. Add 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.

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1. In the same kettle used to cook the meat, 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 wine and bouillon 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. Return meat and mushrooms to pan, return to a boil, cover and cook 30 minutes over low heat. (Set a timer.)
4. When timer sounds, stir flour roux into boiling liquid in pan to thicken. Return to a boil, reduce heat to low and cook 10 minutes over low heat, stirring occasionally.
5. If using Marinated Grilled Tofu, add the tofu and 1/2 C. of marinating liquid now. 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 1/2 of a Mandarin orange and 1/2 of a sliced avocado over the lettuce. Dress each salad with a couple of teaspoons of oil and lime juice dressing.

If needed, use low-sodium broth to thin gravy. Serve stew in shallow bowls with salads and rolls on the side.

### What I've Learned from this Recipe

Deglazing, or the process of bringing up the caramelized drippings remaining on the bottom of a cooking pan, is an old-world cooking technique. The resulting rich liquid composition of caramelized fats and sugars add critical flavor to the finished meal.

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