

## Irish Stew

### Ingredients:

4 Qt. (Serves 4-6)

1 1/2 lbs.

2 tbsp.

3 cups

1 tsp.

1/2 tsp.

1 tsp.

1/2 cup

1 cup

1 cup

1 cup

1 cup

6 / 8 Qt. (Serves 8-12)

3 lbs.

3 tbsp.

4 cups

2 tsp.

1 tsp.

2 tsp.

1 cup

2 cups

2 cups

2 cups

2 cups

Ingredients

Lamb Stew Meat – 1-inch pieces

Vegetable Oil

Water

Salt

Paprika

Celery Seed

Onion, chopped

Turnips, sliced

Carrots, sliced

Potatoes, sliced

Parsnips, sliced

## **Directions:**

1. Brown lamb in vegetable oil in cooker. Add water and seasonings.
2. Cover and cook 8 minutes after control jiggles.
3. Cool cooker normally for 5 minutes, then place under faucet. Add vegetables.
4. Cover and cook 5 minutes after control jiggles. Reduce pressure instantly.
5. Prepare gravy recipe.