

## Ken's Irish Stew

### With Pearl Barley

*Nothing is more warming and filling than a delicious bowl of Irish stew, a popular dish from Ireland and loved the world over. It was traditionally made with mutton, but it is now often made with the easier-to-find lamb. My version uses Pork Chops and takes no back seat to any version. I suppose it originated from the many St. Patrick's Day celebrations, that used to include Green Beer.*



#### INGREDIENTS:

- 4** Bone-in-rib-cut Pork Chops 1 inch thick (Lightly Salt & Ground Black Pepper) [\*] **5 or 6** - Small Carrots (scrubbed and halved at an angle)
- 4** Celery stalks, trimmed and cut at an angle into **1 1/2'** pieces.
- 3** Medium Onions, peeled and each cut into 6 wedges
- 8** large Garlic Cloves, peeled and left whole
- 2** oz. - Pearl Barley [\*] **1** pint Chicken Stock (no MSG)
- 8 - 12** small Potatoes [\*] **2** - tbsps. fresh Parsley leaves, chopped

#### DIRECTIONS:

- 1.)** Preheat oven to 325° F. Carefully trim excess fat from the Pork Chops. Place a large stove-top casserole on a medium-high heat stove burner. Place the trimmed fat into casserole, when most of the fat pieces are melted, remove un-melted pieces and discard, place Pork Chops in the casserole. Cook on both sides, seasoning with Salt & Pepper until brown, then transfer to a plate.
- 2.)** Add Carrots, Celery, Onions and Garlic to the casserole, season with salt & Pepper, stir on medium heat till slightly golden brown at the edges. Return the meat and any juices to the casserole, add Barley, Chicken Stock, stir to combine. **3.)** Bring to a boil, remove from the stove, cover, and cook in the oven for 1 hour. Meanwhile, peel the Potatoes and half. When the oven cooking hour is up, remove casserole from oven and place Potatoes on top of the meat and other items in the casserole, cover and return to the oven for 30 to 35 minutes, until the Potatoes are cooked. Sprinkle with Parsley and serve from Casserole