

Deconstructed Irish Stew

Serves 8 (approx.)

Prep and cook time: 3 hours, 45 minutes

Braised Short Ribs

4 pounds beef short ribs
1/2 cup all-purpose flour
Salt and pepper (to taste)
2 Tbs olive oil
1 large onion - diced
1 large carrot - diced
2 stalks celery - diced
6 cloves garlic
2 Tbs tomato paste
1 Guinness Stout (20 oz)
2 cups beef broth
1 Tbs liquid smoke
4 sprigs fresh rosemary
4 sprigs fresh thyme
2 Tbs fresh parsley chopped

Roasted Root Vegetables

(rough cut all to same size)
2 purple carrot
2 orange carrot
2 yellow/white carrot
4 parsnip
1 turnip - large
3 clove garlic - rough slice
3 Tbs olive oil
Salt and pepper

Mashed Potatoes

6 Russet potatoes
1/2 cup milk or half & half
1/4 cup butter (salted)



1. Preheat oven to 375

2. In shallow container, combine flour, salt, and pepper and dredge short ribs through mixture. In a large Dutch oven, heat olive oil over medium-high heat, add a few ribs, and sear each on all sides (3 to four minutes per side). Repeat with remaining ribs and remove all from pot and set aside.

3. In the same pot add the onions, carrot, celery, and garlic and saute over medium heat for 3 to 4 minutes. Stir in tomato paste and allow to simmer 2 to 3 minutes. Add Guinness, beef broth, liquid smoke, rosemary, and thyme and bring to boil.

4. Remove pot from heat, add seared short ribs, and cover with lid or foil. Place covered pot in the oven and cook 2.5 to 3 hours

5. Wash, peel, and half Russet potatoes and add to large pot of cool, salted water. Bring to a boil and reduce heat to medium-low and simmer until tender (18 to 22 minutes). Drain potatoes well, return to same large pot, add (room temperature) butter and milk and mash by hand until smooth and fluffy.

6. On baking sheet drizzle olive oil and toss sliced carrots, parsnips, turnip, garlic, salt, and pepper to coat evenly. Roast in oven 30 to 40 minutes at 375 (stirring every 10 minutes) until tender and golden crispy.

7. Remove ribs from oven when fork tender (meat falls from bone). Remove rosemary and thyme from pot. Serve braised short ribs over mashed potatoes with pan sauce spooned over both. Serve roasted vegetables on the side and garnish all with chopped parsley.

8. Hearty and flavorful, our Deconstructed Irish Stew pairs beautifully with a Fairsing Vineyard Pinot noir.