

## **Leg or Shin of Beef Stew (Irish Traditional Cooking revised edition)**

*Mary Conniffe from Robertstown, Co. Kildare sent me a recipe from her mother's Collins school series Domestic Economy. This stew, which Mary's mother cooked for them when they were young, uses leg or shin of beef, which was a very popular cut and really delicious. It melted off the bone when properly cooked. The recipe was even costed – what wonderful training for young women!*

<b>Ingredients</b>	<b>Cost</b>
3lbs of Leg or Shin of Beef, about 8d. per lb	2s 0d
2 Turnips and 2 Carrots, about 1 1/2d	1 1/2d
4 Onions	2d
Bunch of Mixed Herbs (i.e., Marjoram, Thyme and parsley)	1/2d
1 Gill of Vinegar	1/2d
Pepper and Salt to taste	
Total	2s. 4 1/2d

Cut the meat into neat slices, and dip each into the vinegar. Wash and scrape the carrots, and cut them into dice; also peel the turnips thickly, and cut into dice. Peel the onions and then parboil them. When the vegetables are prepared, put the meat into a saucepan with the vegetables, herbs, pepper and salt. Place the lid on tightly, and let the whole stew gently at the side of the fire for at least three hours.

*Note: No water is required in cooking this stew, as the vinegar in addition to making the meat tender, draws out the gravy.*

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