

# Irish Stew Pie

Nicholas Hortense - Perth, Australia  
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## Servings: 6

*1/2 cup all-purpose flour*  
*3/4 teaspoon salt, divided*  
*3/4 teaspoon pepper, divided*  
*1 pound boneless lamb shoulder roast, cubed*  
*2 tablespoons canola oil*  
*2 medium carrots, finely chopped*  
*1 medium onion, halved and sliced*  
*1 tablespoon all-purpose flour*  
*1 1/4 cups beef stock*  
*2 medium Yukon Gold potatoes, peeled and cubed*  
*1 sprig fresh thyme*  
*1 bay leaf*  
*1 teaspoon Worcestershire sauce*  
*1 teaspoon tomato paste*  
*3 tablespoons chopped fresh mint*  
*1 large egg yolk*  
*2 tablespoons heavy whipping cream*  
*1 package (17.3 ounce) frozen puff pastry sheet, thawed*

## Preparation Time: 1 hour

### Bake Time: 35 minutes

Preheat the oven to 350 degrees.

In a shallow bowl, mix 1/2 cup of flour, 1/2 teaspoon of salt, and 1/2 teaspoon of pepper. Add the lamb, a few pieces at a time. Toss to coat. Shake off any excess.

In a Dutch oven, heat oil over medium-high heat. Brown the lamb in batches. Remove from the pan. Add the carrots and onion to the same pan. Cook and stir until crisp-tender, 6 to 8 minutes. Stir in the remaining one tablespoon of flour until blended. Gradually whisk in the stock. Bring to a boil, stirring to loosen browned bits from the pan.

Add the potatoes, thyme, bay leaf, Worcestershire sauce, tomato paste, the remaining 1/4 teaspoon of salt and remaining 1/4 teaspoon of pepper. Add the lamb. Return to a boil. Reduce the heat. Simmer, uncovered, until the sauce is thickened and the lamb is tender, 25 to 30 minutes. Discard the thyme sprig and bay leaf. Stir in the mint.

Transfer to a greased nine-inch deep-dish pie plate. Whisk the egg yolk and cream. Brush around the edge of the pie plate to help the pastry adhere.

On a lightly floured surface, unfold one sheet of puff pastry. Top with the remaining sheet. Roll to fit over the pie plate. Carefully place over the filling. Trim to fit. Using a fork, press the crust firmly onto the rim of the pie plate to seal the edge. Brush with the remaining egg mixture. Cut slits in the top. Place on a rimmed baking sheet.

Bake until golden brown, 35 to 40 minutes. Let stand for 10 minutes before serving.

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Per Serving (excluding unknown items): 387 Calories; 23g Fat (54.3% calories from fat); 6g Protein; 38g Carbohydrate; 3g Dietary Fiber; 42mg Cholesterol; 843mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat; 0 Other Carbohydrates.