



# That Good Navy Chow!

## IRISH LAMB STEW

Portion: 8 ounces (approx. 1 cup)

100 Portions

### Ingredients

Lamb, bone-in	40 pounds
or	
Lamb, boneless	28 pounds
Salt	6 ounces (approx. $\frac{3}{4}$ cup)
Pepper	$\frac{1}{2}$ ounce (approx. $1\frac{3}{4}$ tablespoons)
Onions, chopped	8 ounces
Meat, stock	(approx. 3 gallons)
Potatoes, cubed	12 pounds
Onions, quartered	6 pounds
Carrots, 1 to 2-inch	8 pounds
Peas	5 pounds
Flour	2 pounds
Water	(approx. $1\frac{1}{2}$ quarts)

Trim all excess fat from lamb. Cut meat into 1 to 2-inch cubes. Add salt, pepper, and onions.

Add stock. Cover tightly. Let simmer 2 to 2  $\frac{1}{2}$  hours or until meat is tender.

Add vegetables before meat is tender. Allow 45 to 60 minutes for potatoes and onions to cook. Allow 30 minutes for carrots. Prepare and cook peas separately.

Blend flour and water to a smooth paste.

Drain stock from stew and thicken with paste. Reheat.

Combine gravy with meat and vegetables.

Heat to, boiling temperature. Garnish with cooked peas.

Source: The Cookbook of the United States Navy, Revised 1944.  
Which can be found in the Tin Can Sailors Library (Not for Sale)