

COME VISIT US...

Our wide selection of meats, roasts, sausages are perfect for a hearty meal. Get everything you need ready and prepared for the oven, grill or the stove from us. We can marinate your meats for free with imported herbs and our house-made marinade recipes. The meats can also be prepared to your specifications whether sliced, cubed, diced etc. Or place your orders for our hearty Irish Stew (available from 26/02/2010 – 17/03/2010) filled with the beery goodness of Guinness.

Swiss Butchery is located at:

- 30/32 Greenwood Avenue (6468-7588)
- #01-02 Friven +Co, 56 Tanglin Road (6235-8080)
- #01-05 Coronation Shopping Plaza, 587 Bukit Timah Road (6463-8080)

www.swissbutchery.com.sg

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WE DELIVER!
Simply call ahead and we will deliver your order at no extra charge for orders above \$75.



RECIPES
INSIDE



EAT, DRINK & MAKE MERRY

Traditional Irish fare is hearty and typically washed back with pints of Guinness. Swiss Grill's Chef Colin West has specially created 3 easy-to-make recipes which incorporate the dark brew, so you can both eat and drink Guinness to your heart's content.

IRISH STEW

A traditional stew made of lamb, potatoes and onions, often with a measure of Guinness thrown in for added depth and flavour. The flavourful stew with tender meat makes for a hearty one-pot meal.

INGREDIENTS (SERVES 4 TO 5)

¼ cup olive oil
2kg boneless lamb shoulder,* cubed (1-inch)
100g bacon, roughly chopped
10 cups of beef stock
2 cans Guinness
2 peeled large carrots, cut into ½-inch thick pieces
1kg potatoes, peeled, cut into large pieces
1 large onion, cubed
1 tablespoon tomato paste
2 sprigs of fresh thyme
1 bay leaf
Sea salt and freshly ground pepper, to taste

METHOD

STEP 1 Heat olive oil in heavy large pot over medium-high heat. Add the lamb and cook until evenly browned all over. This takes about 5 minutes. Add beef stock, Guinness, tomato paste, thyme, and bay leaves. Bring mixture to boil. Reduce heat to medium-low, then cover and simmer 1 hour, stirring occasionally.

STEP 2 In another pan, sauté potatoes, onion, bacon and carrots until golden. Set aside.

STEP 3 Add sautéed vegetables and

bacon mixture to lamb stew after it has simmered for an hour. Simmer uncovered until both vegetables and meat are very tender. About 30-40 minutes. Discard bay leaf. Spoon off fat and scum. Add salt and pepper to taste. If you like, sprinkle with parsley and serve. Can be prepared up to 2 days ahead.

**Substitute the lamb with beef rump if you prefer.*

SHEPHERD'S PIE

The Irish Stew recipe can be tweaked and used to make a substantial Shepherd's Pie as well. Simply substitute the lamb cubes with minced lamb, dice the carrots and leave out potatoes from the stew.

INGREDIENTS (SERVES 4 TO 5)

1 portion Irish Stew (refer to previous recipe)
FOR THE MASHED POTATO CRUST
2kg potatoes, peeled and cubed
½ cup President Whipping Cream

METHOD

STEP 1 Boil potatoes in salted water until tender, about 12 minutes. Drain potatoes and mash until potatoes are almost smooth. Then combine cream and potatoes.

STEP 2 Fill an oven-proof casserole dish with the stew mixture and spoon potato mash over the stew evenly. Top with enough grated parmesan or mozzarella cheese to cover and bake till melted and golden brown.

STEAK AND GUINNESS PIE

A pub staple, Steak and Guinness Pie is comfort food at its best. The rich, tasty gravy goes wonderfully with the buttery pastry on top. Add a handful of sliced fresh button mushrooms for more flavour.

INGREDIENTS (SERVES 4)

500g steak, cubed (2cm)
2 tablespoons oil
1 large onion, chopped
2 stalks celery, sliced
1 tablespoon plain baking flour
½ cup beef stock
½ cup Guinness
¼ cup tomato puree
½ teaspoon mixed herbs
Salt and pepper, to taste
200g puff pastry
1 egg yolk
1 tablespoon water

METHOD

STEP 1 Heat oil in a saucepan, add meat and brown on all sides. Remove meat and set aside. Add onion and celery and cook till onion is clear. Stir in flour and cook for 30 seconds.

STEP 2 Gradually add stock, stirring constantly. Bring to the boil then return meat to the pan. Stir in tomato puree and herbs. Cover and simmer for 1 hour. Season with salt and pepper.

STEP 3 Fill an oven-proof pie dish with the meat mixture from "Step 2".

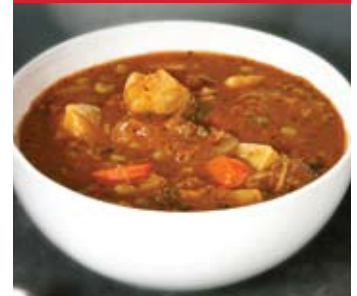
STEP 4 Cut the puff pastry so it fits the pie dish with a 3cm excess border all around.

Place the pastry over the top of the dish. Wet the underside of the overhanging excess pastry and press it firmly down so it sticks to the sides of the dish. Pierce holes in the centre of the pastry sheet. Combine the egg yolk and water. Brush this over pastry.

STEP 5 Bake at 200°C for 20 minutes or as per pastry instructions until golden and well risen.

ST PATRICK'S DAY PROMOTION

Throwing a party at your place this St Patrick's Day? Order our hearty Irish Stew and get everything you need ready-prepared for the oven, grill or stove from us. Guinness available too!



Our Irish Stew is available from 26/02- 17/03.