

Lamb Stew

Show: Apr 3th

Ingredients: Serves 6

æ lb Lamb Stew Meat (1/2 inch)
1/3 cup Flour
1 tsp Curry Powder
1/4 tsp Cumin Seeds
Salt & Pepper
1 cup Mirepoix*
1/2 cup Wine, White, dry
1 1/2 cups Beef or Lamb Stock
4 cloves Garlic, roasted
1 Tbls Tapenade** or olive paste
1 wedge Preserved Lemon, finely chopped
(or substitute fresh lemon)
1 Tbls Dijon Mustard
2 Tbls Chopped Green Olives
2 Tbls Golden Raisins
8 Pearl Onions
1 sprig Thyme
1 Bay Leaf
1/4 tsp Rosemary, finely chopped

Procedure:

Preheat a saucepan with cooking oil.

In a separate bowl, mix 1/3 cup flour, 1 tsp curry powder, † tsp cumin seeds and a little salt and pepper.

Dredge æ lb lamb stew meat until well coated.

Place the coated stew meat in the heated saucepan with 1 cup mirepoix and cook until the meat is golden brown.

Deglaze the pan with 1/2 cup dry white wine and 1 1/2 cups beef or lamb stock. Add 4 cloves of roasted garlic, 1 Tbls Tapenade or olive paste, 1 wedge of finely chopped preserved lemon, 1 Tbls Dijon Mustard, 2 Tbls chopped Green olives, 2 Tbls Golden Raisins, 8 pearl onions, 1 sprig of thyme, 1 bay leaf and † tsp fresh chopped rosemary.

Simmer slowly uncovered until meat is tender, about 45-60 minutes.
Delicious served over rice pilaf or couscous.

****Mirepoix:***

A mix of chopped onions, celery and carrots, usually 2 parts onion to 1 part celery and 1 part carrot.

** Tapenade is a thick paste made from capers, anchovies, ripe olives, olive oil, lemon juice and seasonings.

[« Back to List of Recipes](#)