

## Lamb Stew

Soups | October 2005



*This meltingly tender lamb stew, which Jackie Bergman makes with grass-fed lamb, is the cook's most versatile lamb recipe. Top it with mounds of mashed rutabagas, bury it under shepherd's pie, drape it with haricots verts, or serve alongside smashed, roasted Red Bliss potatoes.*

- 1 4-4½ LB. BONELESS LAMB SHOULDER OR LEG OF LAMB, TRIMMED OF ALL FAT AND CUT INTO 1½-INCH CUBES
- KOSHER SALT
- CRACKED BLACK PEPPER
- 5 TBSP. OLIVE OIL, DIVIDED
- 2 CUPS CHOPPED ONIONS
- 1 TBSP. MINCED GARLIC (6 CLOVES)
- 3 TBSP. ALL-PURPOSE FLOUR
- 1 CUP DRY WHITE WINE
- 2 CUPS BEEF OR CHICKEN STOCK OR ONE 14-OZ. CAN BEEF OR CHICKEN BROTH
- 1 14½-OZ. CAN DICED TOMATOES
- 1-2 TBSP. SNIPPED FRESH ROSEMARY
- 1 TSP. DRIED THYME, CRUSHED
- 2 BAY LEAVES
- 1 CUP FROZEN SMALL WHOLE ONIONS
- 1 TBSP. BUTTER
- KOSHER SALT
- CRACKED BLACK PEPPER
- 4 CARROTS, BIAS-SLICED AND BLANCHED\* (OPTIONAL)
- 1 CUP FRESH OR FROZEN PEAS, BLANCHED\* (OPTIONAL)
- 8 OZ. HARICOTS VERTS OR GREEN BEANS, BLANCHED\* (OPTIONAL)

Season meat with salt and pepper. In a Dutch oven brown meat, in batches, in 2 tablespoons of hot olive oil over medium heat. Drain meat and remove from Dutch oven; discard drained fat. Add remaining 3 tablespoons oil to Dutch oven. Add chopped onions and cook over medium heat for 15 minutes or until very tender and starting to brown, stirring occasionally. Add garlic and cook for 5 minutes more, stirring occasionally. Add flour; cook and stir 5 minutes more. Whisk in wine and cook, uncovered, for 3 minutes, stirring constantly. Stir in stock, undrained tomatoes, rosemary, thyme, and bay leaves. Bring to boiling. Stir in lamb. Return to boiling. Cover; bake in a 350° oven for 1 hour.

Meanwhile, in a large skillet cook frozen whole onions in hot butter over medium heat for 10 to 12 minutes or until golden, stirring occasionally. Stir whole onions into lamb mixture in Dutch oven. Cover and bake for 15 to 30 minutes more or until lamb is tender. Remove and discard bay leaves. Season to taste with additional salt and black pepper. Top each serving with blanched vegetables, if desired. Makes 6 servings.

**\*TO BLANCH VEGETABLES:** Add vegetables to lightly salted boiling water; return to boiling and cook for 2 minutes or until crisp-tender. Drain and place vegetables in a bowl of ice water to quickly cool. Remove and drain well.