



Menu du Jour

06 Jan 06

Lamb Stew
(Serves four)

Lamb Stew

There are various varieties of lamb stew – Irish, French, and Greek versions among others. This recipe uses smoked and braised lamb shanks to make a rich, flavorful stew. Serve with crusty bread and a side salad, if desired.

3 cups braised lamb shanks, cubed
1 large yellow onion, chopped
3 garlic cloves, minced
2 tablespoons oil
2 carrots, peeled and chopped
2 celery stalks, washed and chopped
1/2 cup red wine
4 cups lamb or veal stock (recipe follows)
2 teaspoons dried crushed rosemary
1 cup sliced green beans
1 cup diced green, red, or yellow bell peppers
2 cups diced red bliss or Yukon Gold potatoes
1 (14 1/2-ounce) can crushed tomatoes
2 teaspoons granulated sugar
3/4 teaspoon coarse kosher salt
1 teaspoon freshly ground black pepper
2 tablespoons chopped fresh parsley for garnish

In a 6 1/2-quart stockpot, heat the oil over medium heat. Add the onion and garlic and cook for about 5 minutes until the onions are slightly softened. Add the carrots and celery, cook, stirring often, until lightly browned, about 8 minutes. Deglaze the pan with the red wine, scrapping the bottom to release any fond. Cook until the liquid is nearly evaporated.

Add the stock, rosemary, vegetables, and potatoes to the pot. Simmer, uncovered, 20 minutes or until potatoes are tender. Add the lamb, tomatoes, sugar, salt, and pepper and more stock if necessary. Cook over low heat until thoroughly warmed. Ladle into warmed soup bowls and garnish with parsley.



Lamb Stock

1 1/2 pounds lamb bones
2 tablespoons olive oil
1 medium yellow onion, peeled and chopped
1 carrot, peeled and chopped
1 cup chopped celery
1/2 cup parsley stems
1 garlic clove, peeled and chopped
1 teaspoon coarse kosher salt
8 whole black peppercorns
1 sprig fresh thyme

In a stockpot over medium heat, brown the lamb bones in the oil. Add the onion, carrot, and celery; cook until lightly browned, about 8 minutes. Add enough cold water to cover, about 12 cups.

Bring the mixture to a boil and skim off the froth. Add the remaining ingredients, reduce heat, and simmer over low heat, partially covered, for 2 hours. Strain the broth through a fine colander, discarding the bones and vegetables; reserving any meat. Allow the stock to cool. Chill the stock in the refrigerator overnight and skim off the fat. (The stock can be frozen for up to 2 months.)

Yield: About 5 cups



Cooking & Presentation



Braised Lamb Stew