

J·DAVIES ESTATE

RECIPE

LAMB STEW

Recipe by EatWell101.com

PAIR WITH:
"JAMIE"
CABERNET SAUVIGNON

INGREDIENTS

8 ounces bacon
(chopped into ¼-inch strips)

2 pounds boneless leg of lamb or
lamb shoulder (trimmed of excess
fat, cut into 1½-inch pieces)

1 teaspoon sea salt (or to taste)

1 teaspoon ground black pepper

¼ cup all-purpose flour

1 large yellow onion (diced)

4 cloves garlic (minced)

1½ cups red wine (or broth)

1 pound baby Bella mushrooms
(sliced)

4 cups beef broth (low sodium)

2 tablespoons Worcestershire sauce

1 tablespoon tomato paste

2 bay leaves

1 teaspoon fresh rosemary
(chopped)

1½ pounds red potatoes
(halved or quartered)

4 medium carrots (peeled and cut
into ½-inch thick pieces)

2 celery ribs (chopped)

1 cup frozen sweet peas

INGREDIENTS (CONTD.)

GARNISH

1/4 cup parsley (finely chopped)

Fresh rosemary

PREPERATION

- In a large, 5-quart Dutch oven, placed over medium heat, sauté the chopped bacon until browned. With a slotted spoon, transfer bacon to a large plate and set aside.
- Add lamb meat to a large bowl, season it with 1 teaspoon salt and 1 teaspoon pepper. Sprinkle with ¼ cup flour and toss to coat.
- Preheat oven to 350°F.
- Cook the lamb pieces in 2 batches in the hot bacon grease over medium heat, until browned. It will take about 3-4 min per side, then transfer the meat to the plate with bacon.
- Add diced onion to the Dutch oven and sauté for 2 minutes.
- Add garlic; cook another minute, stirring constantly.
- Add 1½ cups wine, scraping the bottom of the pot with a wooden spoon to deglaze it.
- Add sliced mushrooms, bring to simmer and cook uncovered for 10 minutes.
- Add bacon and lamb to the pot and add the beef broth with the rest of the ingredients, except for sweet peas.
- Make sure that the potatoes are mostly submerged in liquid.
- Season with salt and pepper.
- Bring to a boil then cover with the lid and carefully transfer to the preheated oven and cook for 1 hour and 45 min.
- Stir in the frozen sweet peas in the last 30 minutes of cooking, also taste and adjust for salt and pepper.
- When done, potatoes and lamb should be very tender.
- Garnish with parsley and fresh rosemary before serving.