

SIMPLE (YET DELICIOUS) LAMB STEW

Serves 8

Best paired with:

 **Domain de L'Aurage 2018**

 **Rouget 2016**



4 bacon strips,
chopped into
small strips
1.6kg boneless leg of
lamb or lamb shoulder
trimmed of excess fat,
cut into cubes
1/4 cup all-purpose
flour
1 large onion diced
4 garlic cloves
minced
1 1/2 cups red wine
1.5kg button
mushrooms thickly
sliced
4 cups beef broth or
stock
1 Tbsp tomato paste
2 bay leaves
1/2 tsp dried thyme
1 1/2 lbs small yellow
potatoes halved or
quartered
4 medium carrots
peeled and cut into
chunks
Sea salt
Black pepper
1/4 cup parsley
finely chopped for
garnish

1. In a large oven pot, saute chopped bacon over medium heat until golden brown. Remove the bacon to a plate.
2. While bacon cooks, season trimmed and chopped lamb pieces with 1/2 tbsp salt and 1 tsp black pepper. Sprinkle with 1/4 cup flour. Toss to combine and coat the meat in flour. Cook the lamb to seal in batches in hot bacon grease over medium heat until browned (3-4 minutes per side) then remove to the same plate with bacon.
3. Add diced onion and sauté for a few minutes. Add the garlic and sauté for another minute, stirring constantly. Add 1 1/2 cups wine, scraping the bottom to deglaze. Add thickly sliced mushrooms, bring to a simmer and cook 10 minutes uncovered.
4. Preheat Oven to 160 degrees C
5. Return bacon and lamb back to the pot then add 4 cups stock/broth, tomato paste, 1 tsp salt, 1/2 tsp pepper, dried thyme and bay leaves. Add potatoes and carrots then stir to combine (potatoes should be mostly submerged in liquid).
6. Bring to a boil then cover with lid and transfer to oven for an 1 hour and 45 minutes.

*bon
appetit*

Wine is always the answer. Don't worry about the question.

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CELLAR

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