

Lamb Stew Recipe

Serves 20

Ingredients:

7 lbs lamb shoulder, cubed large and salted add pepper liberally
2 yellow onions, diced
3 large carrots, diced
4 large ribs celery, diced
2 bottles red wine
½ bunch thyme sprigs
½ bunch parsley sprigs
2 bay leaves
4 cloves garlic, crushed
Flour for dusting
1 tbsp vegetable oil
2 bunches watermelon radishes, sliced thin on mandolin
3 loaves crusty bread

Directions:

Preheat oven to 300°F.

Heat a skillet on medium. Add vegetable oil.

Lightly dust seasoned lamb cubes in flour and sear in the pan until browned. Remove lamb from pan and place in a braising dish and sauté mire poix and garlic until browned. Deglaze with just enough red wine to remove fond from pan.

Add mire poix mixture to lamb in braising dish. Add the rest of the wine and bay leaves and braise covered for 3 hours or until meat is tender, but not shredded.