



LAMB STEW

with Chambourcin Reserve

INGREDIENTS

- 4 oz bacon, (4 strips, chopped into 1/4" strips)
- 2 lbs boneless leg of lamb or lamb shoulder, trimmed of excess fat, cut into 1 1/2" pieces
- 1/2 Tbsp sea salt for the lamb plus 1 tsp for stew
- 1 tsp black pepper for lamb plus 1/2 tsp for stew
- 1/4 cup all-purpose flour or gluten free flour*
- 1 large yellow onion, diced
- 4 garlic cloves, minced
- 1 1/2 cups **Chambourcin Reserve**
- 1 lb button mushrooms, thickly sliced
- 4 cups low sodium 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 into 1" pieces
- 4 medium carrots, 10 oz, peeled and cut into 1/2" thick pieces
- 1/4 cup parsley, finely chopped for garnish



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INSTRUCTIONS

- In a 5 quart dutch oven, saute chopped bacon over medium heat until browned and fat released. With a slotted spoon, transfer bacon to a large plate.
- While bacon cooks, season lamb pieces with 1/2 Tbsp salt and 1 tsp pepper. Sprinkle with 1/4 cup flour and toss to coat. Cook lamb in 2 batches in hot bacon grease over medium heat until browned (3-4 min per side) then transfer to the plate with bacon.
- Add diced onion and sauté 2 min. Add garlic and cook another minute, stirring constantly. Add 1 1/2 cups wine, scraping the bottom to deglaze. Add sliced mushrooms, bring to simmer then cook uncovered 10 min. Preheat Oven to 325°F.
- Return bacon and lamb to pot and add 4 cups broth, 1 Tbsp tomato paste, 1 tsp salt, 1/2 tsp pepper, 1/2 tsp dried thyme and 2 bay leaves. Stir in potatoes and carrots, making sure potatoes are mostly submerged in liquid. Bring to a boil then COVER and carefully transfer to preheated oven at 325°F for 1 hr and 45 min. When done, potatoes and lamb will be very tender.