

This is a classic lamb stew recipe. It's simple, delicious to make and it doesn't have a bunch of weird stuff in it, but if you want to add different vegetables or other things it works great. While there are many versions of this traditional lamb recipe, this one is very tasty, and comforting.

Makes 8 Portions of Lamb Stew

Prep Time: 15 minutes

Cook Time: 1 hour, 15 minutes

Total Time: 1 hour, 30 minutes

Ingredients:

- 2 tbsp vegetable oil
- 3 lbs boneless leg of lamb, cut into 2-inch pieces
- 1 yellow onions, cut into 1-inch chunks
- 3 cloves garlic, minced
- 2 tbsp butter
- 1/4 cup flour
- 1 cup red wine
- 1 quart chicken or beef broth
- 2 tsp salt
- 1 tsp freshly ground pepper
- 1 bay leaf
- 1/2 tsp dried thyme
- 2 tsp dried rosemary
- 1/2 tsp cinnamon
- 2 stalks celery, cut into 1-inch slices
- 4 carrots, peeled, cut into 1-inch slices
- 3 large russet potatoes, peeled and cut in eighths

Preparation:

1. Add the vegetable oil to a heavy pot on medium-high heat. When it begins to smoke slightly, add the lamb and brown very well. Do in batches if necessary. Once browned, remove the lamb with a slotted spoon set aside. ^[1]_[SEP]
2. Add the onions and sauté for about 5 minutes, until softened. Reduce heat to medium-low, add the butter and flour, and cook for 2 minutes stirring often. Add the garlic and cook for 1 minute. Add wine and deglaze the pan, scraping any brown bits stuck to the bottom of the pan. The flour will start to thicken the

- wine as it comes to a simmer. [SEP]
3. Simmer wine for 5 minutes, and then add the broth, salt and pepper, bay leaf, thyme, rosemary, cinnamon, and the lamb. Bring back to a gentle simmer, cover and cook on low for about 45 minutes. Add potatoes, carrots, and celery, and simmer covered for another 30 minutes or until the meat and vegetables are tender. More liquid may be added as needed. Taste and adjust seasoning. Turn off heat and let sit for 10 minutes before serving.

If possible, this is best made the day before, for even better flavor.