

AMERICAN LAMB AND BEAN WINTER STEW

Recipe courtesy of John Sarich, Chateau St. Michelle

INGREDIENTS:

2 pounds American lamb (from the leg or shoulder)
cut into 1 1/2 " pieces
flour for dredging
1/2 cup olive oil
1 yellow onion diced
1 each red and yellow pepper diced
1 fennel bulb diced
2 stalks celery with leaves diced
6 garlic cloves chopped fine
1/3 cup chopped fresh parsley
2 tbl each chopped fresh rosemary thyme
1 bay leaf
1 tsp ground cumin
1 tsp paprika
1 cup Sauvignon Blanc
1 cup chicken broth
2 tbl dijon mustard
1 tbl dry mustard
salt and pepper to taste



METHOD:

Dredge the lamb in flour and brown in the olive oil on all sides. Remove from pot. Add the onion, peppers, fennel, garlic and celery and saute until soft (15 min). Add a little salt when sautéing the veggies. Add the parsley, rosemary, thyme, and bay leaf. Add the cumin and paprika and stir. Add the wine, broth and bring to a simmer. Stir in the mustards. Add the lamb back to the pot and cover and place in a pre heated 325° oven and bake for approx. 30 minutes. Add 2 cans (15oz each) of your favorite beans drained and rinsed. I like small white beans, but pinto or navy work well. Cover and continue baking for another 30 minutes. Note if you need a little more liquid add more broth. The finish dish should be fairly thick. Taste for salt and pepper. Serve with a Bib Salad and crunchy French bread.
Wine : Sauvignon Blanc and for red try Syrah or merlot.