



CS Lamb Stew

Source: Captains Shack Bob and Robin Young,
Boise, ID Nov 2020

Prep: 25 min **Cook:** 1hr, 20min **Total:**
1hr, 45min **Serves:** 6
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Ingredients:

2 T EVOO
2 lbs Lamb Stew Meat or Beef Stew Meat
1 med Onion, chopped
2 med Carrots, cut into rounds
2 lg stalks Celery, cut into rounds
Celtic Sea Salt and fresh ground Tellicherry Black Pepper, to taste
4 lg cloves Garlic, minced
¼ c Tomato Paste
2 t ground Cumin
1 t Smoky Paprika
6 c Beef Stock
1 c Red Wine
1 T Worcestershire Sauce
3 lg sprigs fresh Rosemary
3 lg Bay Leaves
1 lbs Fingerling Potatoes, cut lengthwise then in half
Fresh chopped Parsley, garnish

Directions:

In a large Dutch oven, cook lamb until browned. About 10 minutes. Transfer to plate.

To the Dutch oven, add onion, carrots, celery and cook for 5 minutes. Add garlic tomato paste, cumin, paprika, and cook until garlic is fragrant, about 2 minutes.

Add the lamb back to the pan. Add beef stock, wine, Worcestershire, rosemary and Bay leaves. Bring to a boil and reduce to simmer. Add salt and pepper to taste.

Cover and simmer until lamb is tender and stew has thickened. (You may have to add some arrowroot.)

Remove rosemary stalks and Bay leaves. Serve over rice.