



Lamb with Peppers Ragu

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Categories: Main Dish - Lamb Stew

Servings: 6

Suggested Wine: Malbec or Merlot

Preparation Time: 30 minutes

Start to Finish Time: 2 hours 20 minutes

Notes: Tip: Coarsely slice the pancetta and garlic clove before pureeing, this will help the food processor puree it faster. Serve over steamed Jasmine rice.

Description: A superb lamb dish. Adapted from:
<http://dorothy eats.com/What's Dorothy Eating Now?>

Ingredients

2 T Olive Oil
1 1/2 lbs Lamb Stew
Meat or Kabob Cubes
Celtic Fine Sea Salt and
fresh ground Tellicherry
Black Pepper to taste
4 ozs thick sliced
Pancetta, cut into
chunks
4 lg cloves Garlic,
crushed
1 t Smoky Paprika
1 t dried Mexican
Oregano
1 t dried Cumin
1 28 oz can crushed Fire
Roasted Tomatoes
3 c divided Red Wine,
Malbec works well
6 ea Red, Yellow and
Orange mini Peppers,
seeded, ribs removed
and cut into 1" pieces
2 med Russet Potatoes,
peeled and cut into 1"
pieces
Taste and adjust
seasonings as necessary

Directions:

- 1) Place a large heavy cast iron Dutch oven pot over a medium high heat, while the pot is getting hot, season the lamb with salt and pepper. Once the pot is hot, add the olive oil, and the lamb and brown the lamb on all sides. Remove the lamb from the pot.
- 2) While the lamb is browning, combine the pancetta, garlic and 1 cup of the wine in a food processor and process until it is a smooth paste. Once the lamb has been removed from the pot, add the pancetta puree and cook until melted and add the lamb back to the pot.
- 3) Add the paprika, oregano, and cumin and stir to coat lamb. Add the tomatoes and the remaining red wine and bring to a boil, reduce to a simmer, cover and simmer 45 minutes.
- 4) Remove the lid, add the mini peppers and potato, add water, or more wine, if necessary, the liquid should almost cover all the vegetables. Bring to a boil, reduce to a simmer, cover and cook an additional 45 minutes or until the potatoes are tender.
- 5) Allow to rest about 20 minutes before serving, this helps the flavors develop. Or if you can, make this the day before you plan to serve it, anything with tomato sauce gets better the next day (with the exception of pizza).