

# Lamb Among the Wolves Stew

**Luke 10:1-3**

## **Ingredients:**

- 4 bacon strips
- 2 pounds of boneless leg of lamb or lamb shoulder
- 1/2 tablespoon of sea salt
- 1 teaspoon of sea salt
- 1 teaspoon of black pepper
- 1/2 teaspoon of black pepper
- 1/4 cup of all-purpose flour
- 1 large yellow onion
- 4 minced garlic cloves
- 1 1/2 cups of red wine
- 1 pound of portobello mushrooms
- 4 cups of low-sodium beef broth
- 1 tablespoon of tomato paste
- 2 bay leaves
- 1/2 teaspoon of dried thyme
- 1 1/2 pounds of yellow potatoes
- 4 medium carrots
- 1/4 cup of finely chopped parsley

# Lamb Among the Wolves Stew Continued

## **Instructions:**

1. Begin by preparing the meat and vegetables: Trim the excess fat off of the lamb. Then cut the lamb into 1-inch pieces. Season lamb with 1/2 tablespoon of sea salt and 1 teaspoon of ground pepper and dust the pieces with 1/4 cup of flour. Be sure to thoroughly coat it. Next, cut the bacon into 1/4-inch strips. Dice the onion. Cut the potatoes into 1-inch chunks. Mince the garlic, slice the mushrooms into thick slices, and peel and cut the carrots into 1/2-inch thick slices.
2. Preheat Oven to 325°F.
3. Use a large pot to saute chopped bacon over medium heat. Cook until browned. Once the bacon has browned, remove it and set it aside on a large plate.
4. Place half of the prepared lamb into the bacon pan, and cook it in the bacon grease over medium heat. Cook until browned, approximately 3-4 minutes per side. Transfer the cooked lamb pieces to the plate with the bacon. Repeat for the remaining pieces of uncooked lamb.

# Lamb Among the Wolves Stew Continued

## Instructions:

5. Next, throw the diced onion into the pot and sauté for 2 minutes. Stirring constantly, add the minced garlic into the pot, and sauté for a minute alongside the onion. Add diced onion and sauté 2 minutes. Add garlic and cook another minute, continue stirring.

6. Pour 1 1/2 cups of wine into the pot. Scrape the bottom of the pot to deglaze.

**Tip:** Use a cast iron or stainless steel pot. Do not use cookware with any plastic or wood.

7. Next, add the sliced mushrooms to the pot. Simmer the ingredients in the pot uncovered for 10 minutes.

8. Return the bacon and lamb to the pot. Add the beef broth, tomato paste, 1 teaspoon salt, 1 teaspoon pepper, thyme, and bay leaves to the pot.

9. Stir in the potatoes and carrots, making sure the potatoes are nearly fully submerged. Bring to a gentle boil and cover. Transfer the pot to the oven and cook for 1 hour and 45 minutes.

**Tip:** We recommend cooking with a Malbec wine.

**Tip:** Pair with a Red Bordeaux wine.