

Lamb Stew

2-3 pounds lamb stew meat
8 carrots, sliced
6 medium potatoes
2 sweet onions, chopped into large pieces
8 ounces mushrooms
2 garlic cloves, minced
1 1/2 - 2 cups red wine
48 ounces beef stock
1 cup all-purpose flour
3/4 cup bacon grease
salt & pepper
parsley for garnishing

Chop, slice, & mince your vegetables for the stew; set aside.

Heat a 10 quart pot with bacon grease on medium heat. In small batches, swipe your chopped lamb pieces through flour then add a few pieces at a time to the prepared hot pan. Brown the lamb, turning once, then remove to a plate and set aside.

Once all the stew meat is browned and removed from the pot and pour 1 1/2- 2 cups red wine into your pot (this will actually enhance the richness of the stew), using a spatula to deglaze the pot.

Once deglazed return the meat to the pot and add the potatoes, carrots, onion, & garlic to the pot. Season liberally with salt and pepper. Pour beef stock over it until everything is completely covered. Cover the pan with a lid and place in the oven at 375° and simmer for one hour forty-five minutes.

Remove from oven and taste for seasonings and making sure the lamb is tender and vegetables cooked through. Stir and serve with crusty French bread on the side.

