



Lamb Stew

Agneau en Estouffade



Lamb Stew / Ragout / Agneau en Estouffade

Serves 6/8

≈5 lb. (2.2kg) bone-in lamb shoulder

It should give ≈ 1.5 lb. (700g) bones / ≈3 lb. (1400g) raw meat / ≈1.7 lb. (750g) cooked meat.

Brown Lamb Stock*

≈1.6 lb. (700g) lamb bones

2 Tbsp (30g) tomato paste

1 ea. onion, quartered and skin on

3 ea. carrots, scrubbed and chopped

4 ea. garlic cloves, crushed.

2 ea. parsley stems

2 thyme sprigs

1 ea. bay leaf

3 cloves

1 tsp / ≈ 10 ea. black peppercorns.

*Lamb stock can be substituted for veal, beef, or chicken stock.

Method

Bone lamb shoulder or have it done by your butcher. Trim off excess fat and cut out meat into ≈2 ounces (60/80g) portion and set aside. Roast bones onto a greased baking tray (do not use parchment paper nor mat) in a 425°F (220°C) for 30 min. Spread tomato paste on the roasted bones – roast for 10 minutes more. Transfer bones in a large pot. Keep the same baking tray and arrange chopped carrots, onion and garlic; roast for 35 min. Pour some water over the roasted veggies and transfer in the pot along with the bones scraping off any bits left (that's flavor!). Add herbs, cloves and pepper. Cover with water up to 2 inches (5cm) above the solids. Bring to boil and cook for 2 to 3 hours on low heat. Drain, discard the solids and set aside.





Lamb Stew

3 lb. (1400g) lamb shoulder meat, cut into \approx 2 ounces (60g) portions

Fleur de sel or kosher salt

1/2 Tbsp (7.5ml) olive oil

3 ea. carrots, scrubbed and cut into 5 pieces

1.5 ea. onions, peeled and roughly sliced

1.5 Tbsp (20g) tomato paste

2.5 cups (650g) white wine such as Chardonnay

5 ea. garlic cloves, crushed

1 cup (250g) crushed tomatoes

2 Tbsp (40g) candied orange peels (watch video: Chocolate Orangette) or, 1/2 orange cut into 4 pieces

\approx 1.8 cups (400g) lamb stock

1/2 cup (80g) pitted tagliashe or kalamata olives

Salt and pepper to taste.

Method

In a hot pot or dutch oven, drizzle olive oil and salt the bottom. Sear meat in both sides (make 3 batches) on high heat. Keep seared meat in a separate bowl. Once done with the meat, throw in carrots and onions and season with some salt; cook for about 10 min scraping off the bottom of the pan as it cooks. Stir in tomato paste and cook well for about 4 min. Deglaze with wine and reduce to one-third. Add crushed tomatoes, orange, garlic, herbs, the seared meat and its rendered juice and the lamb stock. Set oven to 300°F (150°C). / 280°F (140°C) if using convection oven.

Bring stew to a boil stirring every so often. Cover and cook stew in the oven for 3 hours. Remove pot from the oven, stir in olives, put the stew back in the oven, turn the oven off and leave the pot inside for 3 hours more.

With a skimmer transfer everything onto a baking tray lined with a silicone mat and pass liquid through a sieve. Bring liquid (sauce) to a boil, skim off impurities and fat. Discard fat. Save meat and olives only from the solids (it can be refrigerated before picking through).

Arrange warm lamb meat in individual plates or a main dish, add olives and the hot sauce.

Lamb stew can be served with steamed veggies, potatoes, couscous, rice, pasta gratin... Enjoy!