

Basque Lamb Stew



Feel free to substitute some or all of the paprika with smoked paprika.

Prep time: 20 minutes **Cook time:** 4 hours **Yield:** Serves 4 to 6

INGREDIENTS

- 3 1/2 lbs. lamb shoulder, cut into 2 inch pieces
- 6 cloves garlic, crushed and peeled
- 1 sprig fresh rosemary, about 1 tablespoon chopped
- 1/2 cup dry white wine
- 2 Tbsp extra-virgin olive oil
- 1 large onion, peeled and chopped
- Salt
- 2 teaspoons sweet paprika
- 1 10-ounce can roasted red bell peppers, cut into 1/2 inch strips
- 1 large ripe tomato, peeled, seeded, and chopped
- 2 tablespoons chopped fresh parsley
- 1 bay leaf
- 1 cup dry, full-bodied red wine
- 1 cup chicken stock*
- Freshly ground black pepper

* If cooking gluten-free, use [homemade chicken stock](#) or gluten-free packaged stock.

METHOD

1 Marinate lamb with garlic, rosemary, white wine: Combine the lamb, half of the garlic cloves, rosemary, and white wine in a medium bowl. Let marinate for 2 to 3 hours.

Drain the meat, discard the marinade, and pat dry with paper towels. Mince the remaining garlic cloves and set aside.

2 Brown the lamb: Heat olive oil in a large, heavy-bottomed pan with lid, over medium-high heat. Working in batches, brown the meat on all sides, about 10 minutes per batch. Salt the meat as it browns.

3 Sauté onions and garlic: Remove the meat from the pan and add the chopped onion to the pan. Cook, scraping browned bits stuck to the bottom of the pot with a wooden spoon, until the onions are soft, about 5 minutes. Add the garlic and cook another minute.

4 Return meat to pan, add paprika, roasted peppers, tomatoes, parsley, bay leaf, red wine, bring to simmer: Return the meat to the pan with the onions and garlic. Stir in paprika, roasted peppers, tomatoes, parsley, bay leaf, and red wine. Bring to a boil, reduce heat to medium, and simmer uncovered for 15 minutes, allowing the liquids to reduce a bit.

5 Add chicken stock, simmer: Add the chicken stock, bring to a boil, reduce heat to low and simmer, covered, stirring occasionally, until meat is very tender, 2 to 2 1/2 hours. Add freshly ground black pepper and more salt to taste.

Serve with rustic bread. If you want, try garnishing with fresh mint leaves (though I have no idea how "Basque" that is, it just tastes good.)

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