

Lamb stew (For 4 Person)

Meat 800 g boneless legsteak of lamb or shoulder of lamb
80 g speck cut into cubes

Vegetables 150 g onions
60 g carrots
60 g celery

Another 2 tablespoons flour
4 tablespoons oil to fry
1 tablespoon tomato paste
1/8 L red wine
¾ gallon meat soup

Condiments 1 clove of garlic
1 thyme
1 rosemary branch
1 bay leaf
pepper
salt



Other 1 teaspoon starch flour

- Cut the lamb into cubes of 30 g, and season with salt and pepper and sprinkle with flour.
- Peel the onion and chop finely. Wash the carrots and the celery, and cut into small cubes. Pass the bacon in the pot and steam it.
- Heat the oil in a pan, fry the meat until it's brown, then give it out from the pan and keep warm on a plate.
- Give the tomato paste to the vegetables and pour with red wine. Give the browned lamb into the pot to the tomato and vegetable and pour over the brown lamb soup. Later add the garlic and herbs into the pot.
- Cover and let steam
- Should the sauce be too thin, than put more starch flour in the sauce, and serve it with the vegetables and meat.

Cooking time: 1 hour

Recommendation

- Serve the lamb with polenta and potato gratin

