

## **Lamb Stew (Navarin d'Agneau) (for 4-6)**

*This may get its name from the battle of Navarino fought by the French in Greece during the Greek War of Independence*

Source: Saveur Sept/Oct 2001 (Chateau Thivin in Beaujolais)

Prep/Cooking time: about 3 hours

### **Ingredients:**

3 1/2 lbs lamb shoulder, cut into 2" pieces	
1 medium yellow onion, peeled & coarsely chopped	
1 T butter	1 T peanut oil
3 branches fresh thyme	1 bay leaf
4 carrots, peeled, trimmed & chopped	salt & pepper
2 C shelled fresh peas or frozen peas	1 C water

### **Directions:**

Melt butter & oil together in large, heavy-bottomed pot with a tight-fitting lid over medium-high heat. Generously season lamb with salt & pepper. Working in batches so as not to crowd pot, add meat & cook till browned on all sides (about 10 minutes per batch).

Return meat & any accumulated juices to pot. Add onions & cook, stirring with a wooden spoon till onions are soft (about 5 minutes). Add 1 C water & scrape browned bits stuck to bottom of pot with spoon. Add thyme & bay leaf - cover pot, reduce heat to medium-low & simmer, stirring occasionally till meat is tender (1 1/2 - 2 hours).

Add carrots to pot, cover & cook till soft (about 30 minutes). Add peas, cover & continue cooking till meat is very tender & peas are cooked through (about 30 minutes more). Adjust seasonings. Remove bay leaf & thyme before serving.