

Basque Lamb Stew

Source: Recipe created exclusively for Cooking.com by Susan Herrmann Loomis, author of *Italian Farmhouse Cookbook*

Agneau a la Basquaise is a lightly spicy stew from the Basque country, a region with its own language, culture and cuisine that lies adjacent to the Atlantic coastal areas of southwestern France and northern Spain. There, sheep roam and little red Espelette peppers are strung on houses to dry. The pepper is named after the Basque town, Espelette, which is the center of the Espelette pepper growing region. If you're unable to find it, hot paprika makes a good substitute.

Cooking.com Tip: This elegant stew deserves to be made/served in an equally impressive pot. Copper is the best heat conductor and All-Clad's Copper Casserole is no exception. This beautiful pot is roomy enough for all your stews, casseroles and braised dishes and can go right from oven to table. This is the pot you'll reach for again and again - it will only get better with age.

INGREDIENTS:

2 TBS extra virgin olive oil
2 3/4 lbs lamb shoulder, cut into 2" pieces
3 medium onions, very thinly sliced
1 1/2 lbs leeks, trimmed, cut into 1 1/2" lengths
6 garlic cloves, halved
1 scant tsp ground Espelette pepper OR hot paprika
1/2 C fresh Italian parsley leaves, chopped

DIRECTIONS:

Position rack in center of oven - preheat to 375° F. Heat olive oil in heavy large stainless steel or copper casserole over medium-high heat. Sprinkle lamb with salt + pepper. Working in batches, add lamb to casserole - cook till brown on all sides (about 8 minutes per batch). Transfer lamb to large bowl. Add onions, leeks + garlic to casserole - sauté till tender and golden (about 8 minutes). Return lamb + any accumulated juices from bowl to casserole - stir to blend. Season with Espelette pepper. Cover casserole. Transfer to oven and bake till lamb is tender, (about 1 hour). Sprinkle parsley over lamb and serve immediately.

Serves: 4

Nutrition Facts: **Calories:** 633 **Fat:** 24g **Carbohydrates:** 37g **Cholesterol:** 200mg **Sodium:** 258mg
Protein: 67g **Fiber:** 6g **%Cal. from Fat:** 34% **%Cal. from Carbs:** 23%