

Lamb Stew with Herbes de Provence paired with Davis Estates Rhys Merlot

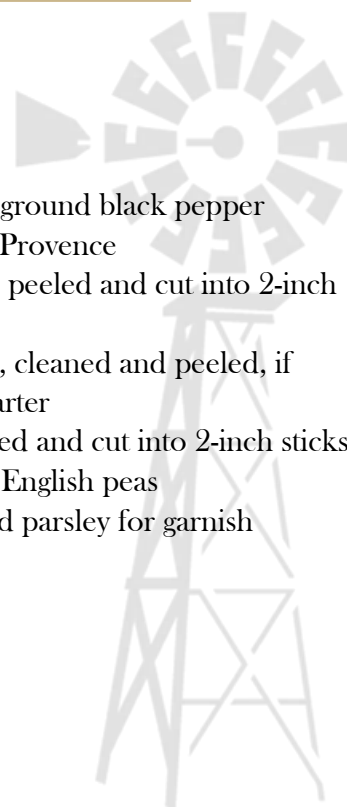
INGREDIENTS:

Lamb Stew with Herbes de Provence

2 tablespoons canola oil
2 pounds lamb shoulder, trimmed and cut into 1
½ -inch cubes
2 tablespoons all-purpose flour
1 ½ cups yellow onion, cut into large dice
6 cloves garlic, peeled and sliced thin
2 tablespoons tomato paste
2 ½ cups water
½ cup Merlot

SERVES: 6

3 teaspoons salt
1 ¾ teaspoons freshly ground black pepper
1 teaspoon herbes de Provence
1 pound red potatoes, peeled and cut into 2-inch
pieces
½ pound baby turnips, cleaned and peeled, if
large cut in half or quarter
¾ pound carrots, peeled and cut into 2-inch sticks
½ cup fresh or frozen English peas
2 tablespoons chopped parsley for garnish



METHOD:

Lamb Stew with Herbes de Provence

- Preheat oven to 350°F.
- Heat oil in a 6-qt. Dutch oven over medium-high heat. Season lamb with 2 teaspoon salt and 1 teaspoon pepper.
- Working in batches, add lamb and cook, turning once, until browned, 8-10 minutes.
- Transfer lamb to a plate. Add onions and cook, stirring occasionally, until soft and brown, about 10 minutes.
- Add garlic, flour and tomato paste and cook, stirring often, until tomato paste begins to brown, about 2 minutes.
- Stir in water, Merlot, 1 teaspoon salt, ¾ teaspoon pepper and herbs de Provence, then add back the lamb.
- Cover, bring to a boil, then transfer to oven. Cook until lamb is tender, about 1 hour.
- Remove from oven and add the potatoes, turnips and carrots, return to oven covered for 30 to 40 minutes.
- Then, stir in the peas, and cook, covered, for 5 additional minutes.

To Finish

Garnish each bowl with chopped parsley. Enjoy with the rest of your bottle of Rhys Merlot.