

NEWFOUNDLAND LAMB AND ROOT VEGETABLE STEW

INGREDIENTS

6 tbsp. olive oil, divided (3 for searing lamb)
2lbs boneless lamb, cut into 1-inch chunks
Kosher salt and cracked black pepper
Flour, for dusting Lamb
1 stick unsalted butter, plus 2 tbsp.
1 cup carrots, scrubbed, 1/4-inch dice
2 cups onions, 1/4-inch dice
1/2 cup celery, peeled, 1/4-inch dice
1 tsp. chopped fresh or dried rosemary
1 tsp. chopped fresh or dried sage
2 cups port wine
5 cups beef stock
1 cup stewed tomatoes
1/2 cup turnips, scrubbed, 1/4-inch dice
1/2 cup parsnips, scrubbed, 1/4-inch dice
1 bay leaf

DIRECTIONS

In a large saucepan, heat the olive oil over medium-high heat. Meanwhile, season the lamb meat with the salt and pepper, dust with flour, place in the hot pan, and sear on all sides until nice and brown. Set aside.

If the oil is burnt, then you must rinse out the pan and add more oil; if it is just brown, then it is perfect for the next phase of preparation. Next, add the butter to the pan, allow it to melt, and then add the carrots, onions, celery, and herbs. Sauté this mixture until the veggies start to brown, and then return the seared lamb to the pan.

Add the port wine, bring to a boil, and immediately add the Beef Stock, tomatoes, turnips, parsnips and bay leaf. Bring the stew to a boil, decrease the heat to low and allow it to simmer for at least 90 minutes, or until the lamb is tender. Remove from the heat, remove bay leaf.