

Traditional Lamb Stew



Serves 6 **Prep 10 mins**

Cooking 1h

Easy

Ingredients

500g - 700g lamb stew meat
2 tbsp olive oil, divided
2 large onions, quartered
3 medium carrots, cut into 1-inch pieces
4 small potatoes, peeled and cubed
500 ml beef stock
salt to taste

black pepper to taste
1 tablespoon butter
1 tablespoon all-purpose flour
1½ teaspoons chopped fresh parsley
1½ teaspoons chopped chives
1/2 teaspoon chopped fresh thyme

1. In an ovenproof casserole dish, brown the meat in 1 tbsp oil over medium heat until meat is no longer pink. Remove with a slotted spoon; set aside. Add the onions, carrots & remaining oil to pan. Cook for 5 mins or until onions are tender, stirring occasionally. Add the potatoes, stock, salt, pepper & lamb; bring to a boil.
2. Preheat the oven to 180C/ 160c Fan/Gas 5. Remove from the heat and place in the oven. Cover & bake for 50-60 mins or until meat and vegetables are tender.
3. With a slotted spoon, remove meat and vegetables to a large bowl; set aside and keep warm. Pour pan juices into another bowl; set aside.
4. In the casserole dish, melt butter over medium heat. Stir in flour until smooth. Gradually whisk in pan juices. Bring to a boil; cook and stir for 2 mins or until thickened. Stir in the parsley, chives, thyme, and meat and vegetables; heat through.
5. **Lamb stew tips:** This recipe calls for lamb stew meat, but you never know exactly what different cuts are included. If you'd like to buy one particular cut to use instead, go for lamb shoulder. The meat will become very tender after it's braised, and the flavour will be very pronounced. Cook the stew just until the meat is fork tender but still intact. For a creamier stew, add some heavy cream just before serving.