

Lamb Stew

by Megan Pence

Adapted from Mrs. Beeton's Book of Household Management

Prep Time: 20 Minutes

Cook Time: 4 Hours

Servings: 6

Difficulty: Easy

Ingredients:

2 Tbsp Olive Oil

2 Pounds Lamb Stew Meat

1 quart reduced sodium Beef Stock

5 Yukon Potatoes, cubed

1 tsp Pepper

¼ cup Sherry

2 tbsp Butter

2 Tbsp Flour

Directions:

In a dutch oven heat olive oil until shimmering. Add in lamb meat and brown pieces of meat on all sides. Pour beef stock over the meat, add in pepper and bring pot to a boil. Reduce heat to a simmer, cover and allow to cook for 4 hours or until lamb is tender. 20 minutes before done, add in cubed potatoes and allow to cook until tender. In a small ramekin or bowl, whisk together softened butter and flour to form a thickening agent. Stir into stew and bring pot to a last boil. The pot must boil or the stew will not thicken properly. Once ready to serve, pour and stir in sherry. Ladle and serve.