

Matthews

LAMB STEW

SERVES: 4-6

PAIRS WITH: 2019 Matthews Reserve Cabernet Sauvignon

INGREDIENTS

- 1 TABLESPOON OLIVE OIL
- 1 TABLESPOON UNSALTED BUTTER
- 1 LBS LAMB SHOULDER OR LEG, CUT INTO 1 INCH CUBES
 - 2 TEASPOONS KOSHER SALT
 - 1 TEASPOON FRESH GROUND BLACK PEPPER
 - 3 CLOVES GARLIC, CRUSHED
- 3 CARROTS, PEELED AND CUT INTO ½ INCH ROUNDS
 - 2 RIBS CELERY, CUT INTO ½ INCH PIECES
 - 1 YELLOW ONION, LARGE DICED
 - 2 TABLESPOONS ALL-PURPOSE FLOUR
 - 1 TABLESPOON TOMATO PASTE
- 2 CUPS MATTHEWS 2019 RESERVE CABERNET SAUVIGNON*
 - 1 CUP LOW SODIUM BEEF STOCK
 - 1 SPRIG ROSEMARY
 - 3 SPRIGS FRESH THYME
 - 2 BAY LEAVES
 - 2 TABLESPOONS CHOPPED PARSLEY
- KOSHER SALT AND FRESH GROUND PEPPER TO TASTE

**Alternatively you can substitute any Matthews Cabernet Sauvignon*

METHOD

- Heat a large heavy bottom pot or Dutch oven over medium high heat. Add the oil and butter and allow butter to melt.
- Season the lamb with Kosher salt and fresh ground black pepper and place in pot. Brown all sides for about 3 to 4 minutes a side. Once browned, remove with a slotted spoon and reserve on a plate.
- Add the carrots, celery, onions and garlic and season with a generous pinch of salt. Sauté until lightly caramelized. This should take about 6 to 8 minutes.
- Add the flour and tomato paste, stir to combine and allow to cook for another 3 to 4 minutes.
- Deglaze with the Cabernet Sauvignon scrapping the bottom of the pot to loosen any caramelized bits. Bring to a simmer and allow the wine to reduce by half.
- Stir in the stock and rosemary, thyme, bay leaf and the lamb and bring back to a simmer.
- Once at a low simmer, cover and let cook for one and a half hours or until the lamb is fork tender.
- Spoon or ladle into a bowl and garnish with parsley.
- Serve with rice, mashed potatoes, or a rustic loaf of bread.

Bon Appetit,
Chef Matthew Lederman