

Lamb Stew with Herbes de Provence

Recipe courtesy Emeril Lagasse, 2001



Recipe Summary

Difficulty: Easy

Prep Time: 20 minutes

Cook Time: 45 minutes

Yield: 4 servings

User Rating: ★★★★★

2 pounds lamb fillet, shoulder or leg, trimmed of fat and cut into 1-inch cubes
1 tablespoon Essence, recipe follows
2 tablespoons olive oil
1/2 cup chopped yellow onions
1/2 cup diced peeled sweet potatoes
1/2 cup chopped carrots
1 tablespoon minced garlic
1/2 cup peeled, seeded, and chopped Italian plum tomatoes (1 or 2 tomatoes)
1 tablespoon herbes de Provence, recipe follows
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 cup dry red wine
3 cups lamb stock, or beef stock, or canned, low-sodium beef broth
French or Italian bread, accompaniment

Season the meat with the Essence and use your hands to coat the meat thoroughly. In a large dutch oven or saute pan, heat the oil over medium-high heat. Add the seasoned lamb and cook, stirring, until browned, about 5 minutes. Remove with a slotted spoon to a plate, and set aside.

To the fat in the pan, add the onions, potatoes, and carrots, and cook, stirring, for 3 minutes. Add the garlic and cook for 1 minute. Add the tomatoes, herbs, salt, pepper, and red wine, and bring to a boil. Cook until reduced by half, about 3 minutes, stirring to deglaze the pan. Add the lamb and stock to the pan and return to a boil. Reduce the heat to medium-low and simmer until the lamb is tender, about 30 to 35 minutes. Remove from the heat and adjust the seasoning, to taste. Ladle into soup bowls and serve with hot, crusty French or Italian bread.

Herbes de Provence:

1/4 cup dried thyme

1/4 cup dried majoram

1/4 cup dried savory

2 tablespoons dried oregano

1 tablespoon dried rosemary

1 teaspoon dried lavender blossoms

Combine all the ingredients in a bowl and mix well. Store in an airtight container and use as needed.

Yield: almost 1 cup

Emeril's Essence:

2 1/2 tablespoons paprika

2 tablespoons salt

2 tablespoons garlic powder

1 tablespoon ground black pepper

1 tablespoon onion powder
1 tablespoon cayenne
1 tablespoon dried oregano
1 tablespoon dried thyme

Place all the ingredients in a bowl and stir well to combine thoroughly. Store in an airtight container and use as needed.

Yield: about 2/3 cup

Recipe from New Orleans Cooking by Emeril Lagasse and Jessie Tirsch, Published by William and Morrow, 1993.

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