

Navarin of Lamb *from The Silver Palate Cookbook*

Serves 6

- 3 pounds boned lamb, cut in 1" cubes
 - 3 tablespoons olive oil
 - 1 tablespoons unsalted butter
 - 18 medium pearl onions
 - ¾ lb. snow peas, trimmed and cleaned
 - ½ cup Cognac
 - ¼ cup Sherry vinegar
 - 2 tablespoons potato starch (or corn starch)
 - 2 tbsp red currant jelly (or leftover cranberry sauce or red jam)
 - 2 tablespoons tomato paste
 - 2 cups beef stock (prefer unsalted)
 - 1 cup dry red wine
 - 1 medium onion, thinly sliced
 - 4 large carrots, peeled and cut in 1" lengths (more if small or medium)
 - 5 cloves garlic, peeled and crushed
 - ¼ cup chopped fresh parsley (save a bit to put on top)
 - 1 teaspoon dried rosemary
 - 1 teaspoon dried thyme
 - 1 teaspoon salt
 - 1 teaspoon freshly ground pepper
 - 1 bay leaf
1. In skillet, heat olive oil and butter, and brown lamb over medium heat, a few pieces at a time. Transfer with a slotted spoon to deep ovenproof casserole. Once all lamb is browned, turn off burner, drain the oil and return the lamb to the skillet.
 2. Preheat oven to 350 F (180 C)
 3. Heat the Cognac in a small pan; light and let flame for 30 seconds.
 4. Put the skillet, with lamb, back on burner over low heat. Pour in cognac, ignite with a match and let it flame for 30 seconds. Turn off heat and with slotted spoon, return the lamb to the casserole.
 5. Add vinegar, potato starch, jelly, tomato paste, beef stock and red wine to skillet and stir well. Return skillet to stovetop, and bring to a boil over high heat, stirring constantly, for 5 minutes.
 6. Add sliced onion, carrots, garlic, parsley, rosemary, thyme, salt, pepper, bay leaf to the casserole.
 7. Pour sauce over all, stir well and cover.
 8. Bake for 1 1/2 hours, uncovering the casserole for the last 15 minutes of baking.
 9. While stew is in the oven cooking, boil 2 quarts of salted water. Use same pot to par boil vegetables, cooking each separately:

- Snow peas: drop into boiling water and cook for 1 minute. Drain and immerse in cold water. Reserve.
- Pearl onions: cut a shallow X in the root of each pearl onion and after snow peas have been removed, drop into same pot of water. Cook about ten minutes. Drain, cover with cold water for 10 minutes. Drain, peel and reserve.

10. When stew has finished cooking, add snow peas and pearl onions, and stir to combine.

11. Serve with rice, couscous or quinoa.

Optional, add any of the following, depends on your taste and the contents of your refrig: baby potatoes, fresh greens beans, frozen peas, or frozen snap peas, fresh tomatoes (peeled and seeded), baby turnips, shelled broad beans. Note: if adding potatoes or turnips, par boil for 3 minutes, and add to the stew for last 25 minutes of cooking. If you add additional vegetables, you may want to double the sauce, or add additional red wine ½ way through cooking.