

A Classic recipe from Shepherd's Cross - Braised Lamb

Leg of lamb –diced into bite size pieces (may substitute lamb chops, shanks, or stew meat)- approximately 2 pounds

1 teaspoon salt

1/4 teaspoon pepper

1/3 teaspoon thyme

1/4 teaspoon oregano

1/3 teaspoon basil

1/3 teaspoon rosemary

3 tablespoons butter

1 large onion diced or chopped

4 cloves garlic minced

2 cups of stock or bouillon stock (may use one cup tomato juice substitute)- use enough to cover the meat while cooking – this amount may vary with pot size

- Marinate lamb meat in tomato juice if desired, for one hour up to overnight.
- Melt butter in pan; add lamb meat and braise over low heat until lightly browned on all sides.
- Add onion, and garlic. Continue to braise lightly for approximately 5 minutes.
- Add salt, pepper, thyme, oregano, basil and rosemary. Continue to braise for a brief minute or so.
- Add stock or combination of stock and tomato juice. Cook over low heat, simmering for 40 minutes, or until meat is tender
- This recipe may also be used in a crock pot or an instant pot; simply adjust the time
- If desired, add a thickening agent, such as 3 tablespoons of cornstarch added to the stock, prior to adding the stock.
- Serve over rice or noodles or with mashed potatoes.



918-342-5911

www.Shepherds Cross.com

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