

Carina's Feast

WINERY



STUFATO D'AGNELLO CON CORONA (LAMB & LARGE WHITE BEAN STEW)



PAIRED WITH 2010 SANGIOVESE GROSSO, YIELD: 4-6 SERVINGS

INGREDIENTS:

¾ POUND LARGE WHITE BEANS
½ CUP BACON FAT
2 ½ POUNDS LAMB SHOULDER MEAT, BONELESS, 1" CUBES
2 CUPS ONION, DICED ½"
½ CUP CELERY, DICED ½"
5 SPRIGS FRESH THYME, TIED WITH KITCHEN TWINE
2 EACH BAY LEAVES
3 TABLESPOONS CUMIN POWDER
½ TEASPOON CAYENNE PEPPER
½ TEASPOON SMOKED PAPRIKA
¼ CUP GARLIC, MINCED
1 CUP TOMATO, DICED
7 CUPS CHICKEN STOCK
2 TABLESPOONS FRESH PARSLEY LEAVES, CHOPPED
KOSHER SALT & FRESHLY GROUND BLACK PEPPER

METHOD:

1. Rinse the beans and cover with cold water in a large pot and bring to a full rolling boil. Remove from the heat and cover. Allow to sit for 1 hour. Drain the beans and discard the liquid. Set beans aside.
2. Preheat the oven to 325°F.
3. Meanwhile, heat the bacon fat in a large heavy bottomed pot.
4. Season the lamb with salt and pepper and cook in batches (do not crowd) until well browned.
5. After all the lamb has been browned, set it aside and add the onion and celery to the same pan.
6. Cook for 5 minutes then add the thyme, bay leaves, cumin, cayenne, paprika, garlic, tomato and stock and bring to a boil. Then reduce to a simmer and continue cooking for 30 minutes.
7. Add the beans and stir to combine. Cover the pot and place in the preheated oven and continue cooking for 2-3 hours or until the beans are tender and the sauce is reduced to coat the beans and lamb.
8. Remove from the oven, sprinkle with parsley and adjust seasoning, if needed.
9. Serve with crusty bread.

Recipe by Chef Wendy Bennett of Wine Country Cooking Studio
winecountrycookingstudio.com