

# Fresh Canadian Lamb



# Lamb stew (Mijoté) à la provençale

Serves four

Preparation time: 20 minutes

Cooking time: 1½ hours

Cost: \$\$

## Ingredients

3 tbsp	Olive oil	45 ml
1 lb	Neck or shoulder lamb, cut into small cubes	500 g
	Salt and pepper (to taste)	
¼ cup	Bacon, thin slices	50 ml
2	Chopped onions	2
2	Chopped garlic cloves	2
1	Diced carrot	1
2	Celery sticks, thinly sliced	2
1	Can (28 oz / 796 ml) diced tomatoes	1
1	Sprig fresh thyme	1
1	Sprig fresh rosemary	1
	Water (sufficient quantity)	
1	can (19 oz / 540 ml) White kidney beans, drained and rinsed	1
2 tbsp	Olive oil	25 ml
½ cup	Breadcrumbs	125 ml

## Method

In a heavy pan, heat the olive oil to medium-high. Salt and pepper the lamb, then brown the cubes a few at a time. Remove and set them aside. On medium heat, cook the bacon for 5 minutes. Add onions, garlic, carrots, and celery, and cook for 5 minutes.

Add lamb, tomatoes, and fine herbs, with enough water to immerse the whole stew. Let simmer covered on low heat for 1 hour while stirring regularly. Cook until the lamb is tender. Ten minutes before the end of cooking, stir in the kidney beans. Then mix the olive oil and breadcrumbs in a small bowl, and pour the mixture onto the stew. Broil until browned.

*You can also replace the olive oil with duck fat.*

\$ = \$5–\$10

\$\$\$ = \$20–\$25

\$\$ = \$10–\$20

\$\$\$\$ = \$25 and up

## Per serving:

Calories: 931; Fat: 35.8 g; Protein: 71.4 g; Cholesterol: 135 mg;

Sodium: 657 mg; Carbohydrate: 83 g; Fibre: 20.7 g