

# LAMB SHOULDER BRAISED WITH TOMATOES AND GARLIC

If you dig the comfort and deliciousness of spaghetti and meatballs, you will absolutely die for this lamb stew, rich with goodness from tomatoes and garlic. In this recipe, we've cooked the lamb long, low, and slow in a stew of sweet onions, thinly sliced fennel, fresh herbs, garlic, tomatoes, and white wine. This dish is all about dialing in on the deliciousness, and of course serving up nourishing, healthy food, for family and friends. In other words, this lamb embodies the meaning of life!

Prep time: 30 minutes, plus optional 30 minutes or overnight in the fridge

Cook time: 2 hours and 15 minutes

Serves 6



Season the meat generously with salt and pepper. Let it season for at least 30 minutes, or overnight in the fridge.

Dry the meat thoroughly with paper towels. In a large skillet, heat 2 tablespoons of olive oil over medium-high-heat, and brown the lamb on all sides in batches, 15-20 minutes. Transfer the meat to a deep enamelware casserole or Dutch oven.

Spoon off excess fat from the skillet and pour in the wine. Simmer the liquid while deglazing the pan with a wooden spoon and scraping up all the tasty brown bits stuck to the bottom. Pour the deglazed juices in with the lamb.

Preheat oven to 325°F

Add 2 tablespoons of olive oil to the skillet. Cook the onions and fennel until soft and beginning to caramelize, 10 minutes. Season well with salt and pepper. Add the tomato paste and cook for 2 more minutes. Incorporate this mixture with the lamb, including the thyme and bay leaves, half of the crushed garlic cloves, and enough chicken stock to almost cover the meat. Bring to a simmer on top of the stove, cover tightly, and set in the bottom third of your preheated oven. Braise for 45 minutes.

## Ingredients:

3 pounds boneless lamb shoulder or stew meat, cut in 1 ½-inch cubes  
extra-virgin olive oil  
1 cup dry white wine  
1 onion, thinly sliced  
1 fennel bulb, thinly sliced  
3 tablespoons tomato paste  
a few thyme sprigs  
1 bay leaf  
3 small heads of garlic, peeled, trimmed, and crushed (about 36 cloves)  
2 cups chicken stock  
1 28-oz can crushed San Marzano tomatoes  
2 tablespoons butter  
¼ cup chopped parsley  
2 teaspoons grated lemon zest  
1 cup grated Parmesan cheese  
Kosher salt and freshly ground pepper, to taste