



l'art de cuisiner

STARK & WHYTE

La Cocotte ... “Spring Lamb Stew”

Method

1. In Staub “Cocotte” heat a little olive oil, peel the baby onions and add to oil, stirring occasionally until golden. Remove onion and set aside.
2. Cut lamb into 1” cubes, season with salt and pepper and add to the “Cocotte, in batches if necessary. Cook over high heat, stirring until evenly browned. Sprinkle lamb with flour; stir and cook over medium heat for 2-3 minutes. Add the tomato paste, garlic and garnish bouquet. Pour stock over the meat, stir, bring to a boil, cover and simmer for 1 hour.
3. Skin, de-seed and chop tomatoes into small chunks. Peel and cut carrots lengthwise into quarters. Peel and cut the turnips the same as the carrots. After snapping the ends off the green beans, cut them into 1” pieces. Peel the small potatoes and keep them in cold water. Chop the parsley.

Continues...

Ingredients:

- 1 ½ lbs. boneless lamb shoulder
- 2 chopped garlic cloves
- 1 lb. peeled baby onions
- 2 tbsp. Olive oil
- 2 tbsp. All purpose flour
- 1 tbsp. Tomato paste
- 1 garnish bouquet made with
- 5 sprigs parsley, 2 springs of fresh thyme, 1 bay leaf

continues...



Ingredients (cont.):

- 2 cups veal stock or water
- ¾ lb. tomatoes
- ½ lb. baby carrots
- ½ lb. turnips
- ½ lb. green beans
- 1 ½ lb. small new potatoes
- 1 bunch of parsley
- 1 cup of fresh or frozen green peas

Method (cont.)

4. Remove meat from the “Cocotte” and place into a large bowl. Strain the sauce over meat and return meat and sauce to the “Cocotte”. Taste the sauce for seasoning.
5. Add the potatoes, carrots and turnips. Add more stock to cover the stew. Cover and cook over medium heat for 20-25 minutes. Add the green beans and peas. Cover and cook again for 20 minutes until the meat is very tender.

Garnish with chopped parsley and serve from Staub “Cocotte”.

