

Lamb Stew for Pinot Noir

Four to six servings. This stew was made specifically to go with Pinot Noir.

Ingredients:

2 Tbls unsalted butter
2 medium onions chopped
3 lbs lamb shoulder chops
2 tsp of fresh thyme
2 star anise
6 medium boiling potatoes
1 cup chicken stock
1 cup pomegranate juice
1 cup Pinot Noir
1/2 tsp raspberry vinegar
1/2 tsp corn syrup
8 medium carrots peeled and cut into 1/8 inch discs
1/4 cup pearl barley
1/4 cup heavy cream

Directions:

Melt butter in large stock pot and add onions. Cook until soft, do not brown. Medium heat.

Salt and pepper lamb and add to stock pot.

Add fresh thyme.

Add 2 potatoes peeled and sliced thin to pot. These will work to thicken the stew.

Add chicken stock, pomegranate juice, Pinot Noir, vinegar, and corn syrup.

Add 4 potatoes peeled and quartered.

Cook for one hour over low heat with a lid on the pot.

Add the carrots, barley and heavy cream.

Cook for one more hour or until the meat is tender. The lamb should fall off the bone and shred into small pieces. Be careful to pick out the bones.

Season with salt and pepper and sprinkle with fresh thyme.

Serve with Paul Mathew Russian River Pinot Noir.