



AMERICAN LAMB. FROM AMERICAN LAND.

American Lamb Fricassee

Total Time: 60 minutes or more

Lamb Cuts: Shoulder, Lamb Cubes (stew meat)

Category: Soups and Stews, Entrée

Servings: 6

Preparation Time: 45 minutes

Cook Time: 2 1/2 hours

Ingredients:

- 4 ounces ham, diced
- 2 medium onions, diced
- 4 cloves garlic, chopped
- 1/4 cup canola oil
- 3 pounds **American Lamb** shoulder, excess fat removed, cut into 4" cubes
- salt and pepper to taste
- flour for dredging
- 1 1/2 cups chicken stock
- 2 teaspoons cinnamon
- 1/2 cup walnuts, ground
- 1 1/2 teaspoons black pepper
- 1/2 teaspoon ground cloves
- 3 egg yolks
- 3/4 to 1 cup orange juice
- 2 tablespoons butter, cold
- 1/3 cup parsley
- 1 tablespoon marjoram (approximately 3 sprigs), chopped
- 1/4 cup mint leaves, chopped
- 1 1/2 teaspoons thyme
- 6 cups cooked rice or egg noodles
- parsley for garnish

Directions:

The Fort Denver, Colorado Chef Sam Arnold

In a food processor, combine the ham, onion and garlic and coarsely chop. In a medium sauté pan, heat 2 tablespoons of the canola oil until melted. Add the ham mixture and cook for 5 minutes. Remove the mixture from the pan and set aside. Season the meat with salt and pepper. Dredge the meat in flour, shaking off the excess. In a large sauté pan, heat the remaining 2 tablespoons of canola oil over medium high heat until hot, but not smoking. Add enough lamb to the pan to form a single layer without crowding. (You may have to do this in batches). Sear the cubes, turning often, until they are very well browned on all sides, 4 to 6 minutes. When all the meat is browned, add it back to the pan along with the chicken stock, ham mixture, cinnamon, cloves, pepper and nuts. Bring to a boil, reduce to a low simmer, and let cook covered, until the meat is tender, about 1 - 2 hours. Once the

meat is cooked, removed it from the pan and set aside, reserving the sauce. Combine the egg yolks with 3/4 cup of the orange juice and very gradually stir it into the reserved sauce. Stir in the cold butter, one tablespoon at a time. Add the parsley, marjoram, mint, and thyme. Keep over low heat, do not boil or the mixture will curdle. Adjust the seasoning and add more orange juice to taste.

To Serve: Ladle the fricassee onto 6 plates over cooked rice or noodles. Garnish with parsley.

Wine Pairing Tip: Shiraz or Cabernet Sauvignon

Nutrition

760 calories	53 g protein
51 g carbohydrate	37 g total fat
44% calories from fat	255 mg cholesterol
4 g fiber	590 mg sodium
10 mg niacin	.38 mg vitamin B6
3 mcg vitamin B12	5 mg iron
9 mg zinc	