

Braised Lamb Stew with Autumn Vegetables

Serves 8-10

Take advantage of the residual heat after you turn your oven off for the night and braise this lamb stew overnight. You'll be rewarded with an aromatic, delicious, and amazingly tender dish.

Ingredients

4 lbs.	lamb shoulder, cut in 2 ½-in. pieces
1 Tbsp.	smoked paprika
1 Tbsp.	dried oregano
1 Tbsp.	kosher salt
	Olive oil
2 ea.	leeks, cut in ½-in. pieces
1 ea.	onion, peeled and chopped
4 cloves	garlic, finely chopped
2 ea.	carrots, peeled, cut in 2-in. pieces
2 ea.	parsnips, peeled, cut in 2-in. pieces
2 ea.	turnips, peeled, cut in 2-in. pieces
1 cup	white wine
1 cup	beef stock
2 ea.	bay leaves
1 ea.	cinnamon stick
2 ea.	orange zest, 2-in. long pieces

Method

Oven Temperature: 540-550 and then OFF

- Trim meat of any excess fat or silver-skin.
- Mix paprika, oregano, and salt and sprinkle over meat to coat all sides. Let the meat sit for at least 30 minutes or refrigerate overnight.
- **Flame Height: 5**
- Drizzle a little oil in a large roasting pan and heat in center of the oven for 5 minutes.
- Add lamb to pan, in batches if necessary, so that the pieces do not touch.
- Roast **in front of flame**, browning the meat on all sides, about 4-5 minutes. Rotating pan and turning meat over as necessary.
- Remove meat from pan and set aside. Add leeks, onion, and garlic and return to **doorway of oven** for 5 minutes to soften.
- Transfer everything, including the meat and rest of the ingredients, to a crock pot or soup pot. Stir to combine.
- **Flame Height: OFF**
- Cover tightly with the lid or foil and return to **doorway of oven**.
- This can cook for 8-12 hours in the turned off oven.

Smoked paprika or Pimentón Ahumado may be purchased through [The Spanish Table](#).



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