

# 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 each	leeks, cut in ½-in. pieces
1 each	onion, peeled and chopped
4 cloves	garlic, finely chopped
2 each	carrots, peeled, cut in 2-in. pieces
2 each	parsnips, peeled, cut in 2-in. pieces
2 each	turnips, peeled, cut in 2-in. pieces
1 cup	white wine
1 cup	beef stock
2 each	bay leaves
1 each	cinnamon stick
2 each	orange zest strips, 2-in. long pieces

## Method

### Oven Temperature: 540-570 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 cover and refrigerate overnight.

### Flame Height: 5

Drizzle a little oil in a large roasting pan and heat in the 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 the flame**, browning the meat on all sides for 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.

Place meat and softened vegetables along with remaining ingredients into a cazuela or casserole dish, stirring to combine.

### Flame Height: OFF

Place a sheet of parchment paper directly over the stew and then cover tightly with foil. Return to **doorway** of the 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](#).



[www.woodstonehome.com](http://www.woodstonehome.com) (800) 578-OVEN (6836)