

Lamb Stew with Herbes de Provence

Recipe courtesy of Emeril Lagasse

Ingredients:

2 lbs lamb fillet, shoulder or leg, trimmed of fat and cut into ½" cubes
1 tbsp Essence, recipe follows
2 tbsp olive oil
½ cup chopped yellow onions
½ cup diced peeled sweet potatoes
½ cup chopped carrots
1 tbsp minced garlic
½ cup peeled, seeded, and chopped Italian plum tomatoes (1 or 2 tomatoes)
1 tbsp Herbes de Provence
½ tsp salt
¼ tsp freshly ground black pepper
1 cup dry red wine
3 cups lamb stock, or beef stock, or canned, low-sodium beef broth
French or Italian bread, accompaniment

Directions:

Season the meat with the Essence and use your hands to coat the meat thoroughly.
In a large dutch oven or saute pan, heat the oil over medium-high heat.
Add the seasoned lamb and cook, stirring, until browned, about 5 minutes.
Remove with a slotted spoon to a plate, and set aside.

To the fat in the pan, add the onions, potatoes, and carrots, and cook, stirring, for 3 minutes.
Add the garlic and cook for 1 minute.
Add the tomatoes, herbs, salt, pepper, and red wine, and bring to a boil.
Cook until reduced by half, about 3 minutes, stirring to deglaze the pan.
Add the lamb and stock to the pan and return to a boil.
Reduce the heat to medium-low and simmer until the lamb is tender, about 30 to 35 minutes.

Remove from the heat and adjust the seasoning, to taste.
Ladle into soup bowls and serve with hot, crusty French or Italian bread.

Emeril's Creole Seasoning (Essence)

Ingredients:

- 2½ tbsp paprika
- 2 tbsp salt
- 2 tbsp garlic powder
- 1 tbsp black pepper
- 1 tbsp onion powder
- 1 tbsp cayenne pepper
- 1 tbsp dried leaf oregano
- 1 tbsp dried thyme

Directions:

Combine all ingredients thoroughly and store in an airtight jar or container.