

L.O. LAMB STEW AU LEVANT

1-2 LBS OF LEFT-OVER COOKED LAMB LEG OR SHOULDER
2 RED ONIONS
4 CLOVES OF GARLIC
1 TSP OF CUMIN SEEDS
1 TSP OF FENNEL SEEDS
2 TSPS OF CARDAMOM PODS
PINCH OF TURMERIC
FLOUR
WHITE WINE
BEEF OR BROWN CHICKEN STOCK
1 BUNCH OF GREEN ONIONS
FRESH PARSLEY AND/OR CHIVES

CUT THE LAMB IN ONE INCH PIECES

TRIM AND PEEL THE ONIONS. SLICE LENGTHWISE IN EIGHTHS.

TRIM AND PEEL GARLIC. SLICE LENGTHWISE IN THIN SLICES.

PUT THE CUMIN SEED, CARDAMOM PODS, FENNEL SEEDS IN A SMALL FRYING PAN. TOAST OVER LOW FLAME, FREQUENTLY SHAKING THE PAN TILL YOU CAN SMELL THE ODOR OF THE ROASTING SPICES. ABOUT 2 MINUTES. GRIND SPICES IN A MORTAR AND PESTLE WITH 1 TBSP OF COURSE SALT. REMOVE THE HUSKS OF THE CARDAMOM PODS.

PEEL AND TRIM THE GREEN ONIONS, LEAVING MOST OF THE GREEN PART INTACT.

MELT 3 TBSPS OF BUTTER AND 1 TBSP OF OLIVE OIL IN A DEEP-SIDED SAUTÉ PAN. ADD THE ONIONS AND COOK OVER A LOW FLAME STIRRING FREQUENTLY UNTIL THE ONIONS ARE SLIGHTLY BROWNEED BUT STILL SOFT. ADD THE GARLIC AND COOK TILL YOU SMELL ITS AROMA.

ADD THE LAMB, THE SPICES AND STIR TOGETHER FOR A MINUTE OR SO. GRIND IN A GENEROUS AMOUNT OF BLACK PEPPER.

SPRINKLE 3 TBPS OF FLOUR OVER THE LAMB, RAISE HEAT TO MEDIUM. STIR WITH A WOODEN SPOON TILL THE FLOUR COATING THE LAMB STARTS TO BROWN.

POUR IN 1/2 CUP OF WHITE WINE, LOWER HEAT TO MEDIUM AND CONTINUE TO STIR, SCRAPING UP ANYTHING THAT STICKS TO THE BOTTOM WITH YOUR WOODEN SPOON.

WHEN THE WINE HAS MOSTLY EVAPORATED, ADD 2 CUPS OF STOCK. BRING TO A SIMMER, CONTINUING TO STIR AND SCRAPE FOR ABOUT FIVE MINUTES.

ADD THE GREEN ONIONS. COVER. COOK FOR A COUPLE OF MINUTES OR UNTIL THE ONIONS HAVE SOFTENED.

SERVE OVER RICE, PASTA OR ORZO. GARNISH WITH CHOPPED HERBS.

SERVES 2-4

JILL BERNHEIMER OF DOMAINE L.A.

I LOVE THE IDEA OF MATCHING THIS DISH WITH ANY WINE MADE FROM THE **FER SERVADOU** GRAPE, ALSO NAMED **BRAUCOL**, **MANSOIS** OR **PINENC**, WHICH ARE GROWN IN THE GAILLAC AND MARCILLAC REGIONS, THE CENTRAL MASSIF OF SOUTHWEST FRANCE. FER SERVADOU IS THE MOST EVOCATIVE SINCE “FER” IS THE FRENCH WORD FOR IRON AND THIS GRAPE IS MOST DEFINITELY MINERAL-DRIVEN AND IRON-Y IN CHARACTER. THE MEDIUM-BODIED REDS IT YIELDS GO INCREDIBLY WELL WITH MEDITERRANEAN AND INDIAN SPICES, AND WITH LAMB IN PARTICULAR. YOU CAN FIND MOST OF THESE WINES FOR \$20 OR LESS, AND WHILE THEY'RE NOT EASY TO COME BY, THE ONES THAT MAKE THEIR WAY STATESIDE ARE USUALLY WORTH POPPING OPEN.