

JOHN PLESHETTE'S MEAL OF THE WEEK



LAMB STEW WITH ARTICHOKE

4-5 POUNDS OF LAMB STEW CUT IN LARGE PIECES (NECK AND SHOULDER)
4 ARTICHOKE
1 LEMON
1 LARGE BROWN ONION
4 CLOVES OF GARLIC
FRESH THYME OR MARJORAM
2 CUPS OF RED WINE
TOMATO PASTE

HEAT 1/2 CUP OF OLIVE OIL IN A DEEP-SIDED FRYING PAN WITH A LID.
DRY LAMB PIECES WELL AND BROWN ON ALL SIDES. RESERVE THE PIECES
ON A PLATE. SALT AND PEPPER.

MEANWHILE, REMOVE THE ARTICHOKE LEAVES DOWN TO THE PALE, TENDER
GREEN LEAVES. TRIM AN INCH OFF THE TOP. CUT LENGTHWISE IN

QUARTERS AND USING A SMALL, SHARP KNIFE CUT THE CHOKE AWAY. SLICE QUARTERS IN HALF AND PLACE IN A BOWL OF WATER IN WHICH YOU HAVE SQUEEZED THE JUICE OF THE LEMON.

DICE THE ONION. CHOP THE GARLIC CLOVES. IN THE PAN WHERE YOU HAVE BROWNEED THE LAMB, SWEAT THE ONION AND GARLIC, COVERED, ON A LOW FLAME.

ARRANGE THE LAMB PIECES IN THE PAN. ADD A FEW SPRIGS OF THYME OR MARJORAM AND 2 CUPS OF RED WINE. BRING TO A BOIL. REDUCE TO A BARE SIMMER. COVER AND COOK FOR ABOUT AN HOUR TURNING PIECES OCCASIONALLY. IF WINE COOKS OFF, ADD WATER, 1/2 CUP AT A TIME.

DISSOLVE 3 TBLSP OF TOMATO PASTE IN 1/2 CUP OF WATER. DRAIN ARTICHOKE SLICES AND ADD TO THE PAN ALONG WITH THE TOMATO MIXTURE. COVER AND COOK FOR ANOTHER 15 OR UNTIL THE ARTICHOKE ARE EASILY PIERCED WITH A FORK.

SERVE WITH WHITE BEANS, POLENTA OR MASHED POTATOES.

SERVES 6

FOR THE CANNELLINI BEANS, PLACE 1 1/2 CUPS OF BEANS IN A SAUCEPAN. COVER WITH COLD WATER BY TWO INCHES. BRING TO A BOIL. TURN OFF HEAT AND COVER. LET STAND FOR AT LEAST AN HOUR BEFORE PROCEEDING.

DRAIN BEANS AND RINSE WELL UNDER RUNNING WATER.

RETURN TO THE POT AND COVER WITH CHICKEN BROTH BY AN INCH. BRING TO A SIMMER AND COOK, PARTIALLY COVERED FOR AT LEAST 30 MINUTES OR UNTIL THE BEANS ARE TENDER. THE COOKING TIME WILL VARY DEPENDING ON THE CONDITION OF THE BEANS.

SALT AT THE END.