



Lamb Stew

By Chef Gordon Mackie, Biff's

Serves 4 people.

Ingredients:

2-lbs. lean stewing lamb, cut into bite-sized pieces

- 2 cups of white onion, diced into bite-sized pieces
- 2 cups fennel, diced into bite-sized pieces
- 6 cloves of garlic, sliced
- 4½ quarts of chicken stock
- 8 unpitted green olives
- 2 cups of green and yellow beans cut in half crossways
- Zest and juice of 2 lemons
- 2 tablespoons of butter
- ¼ cup of extra virgin olive oil
- ¼ cup chopped fresh parsley

Preparation:

1. Season the lamb with salt and fresh ground pepper and sear off in a heavy bottomed pan. Remove lamb from pan.
2. Turn down pan temperature and add garlic, fennel and onions. Sweat them through and add the lamb back to the pan. Add the chicken stock and simmer for 30 minutes covered.
3. Blanch the green and yellow beans together with the lemon zest and juice and add to the stew. Cook for 15 minutes.
4. Slice the olive from around the pits.
5. Add the olive pieces, butter, fresh chopped garlic and the rest of the olive oil to the stew to finish. Season to taste.
6. Dish into a bowl and serve with crusty baguette.