

Five Herb Lamb and Potato Stew

March 2014 by Camine

Prep time – 45, Marinate for 5 hours, Cook time – 2 hours

INGREDIENTS:

4 lbs boneless lamb, shank or leg roast, trimmed of most of the fat and cut into 2 inch chunks.

4 large new potatoes washed, and cut into large chunks

½ C white wine

½ C orange juice

½ white onion

MARINADE:

1 C orange juice from concentrate with pulp

½ C fruity white wine

1 T fresh rosemary leaves chopped finely

3 T fresh mint leaves chopped finely

½ T dried tarragon

1 T fresh parsley

¼ t dried basil

4 large garlic cloves, peeled and cut in thirds

Salt and pepper



DIRECTIONS:

Place meat in marinade and seal in a zip lock bag for at least 5 hours. Bring to room temperature before putting in roasting pan. Pour all of the marinade and the lamb in a heavy iron Dutch oven. Add onion, more salt and pepper, and potatoes along with the extra ½ C white wine and ½ C orange juice. Cook for 2 hour at 325 degrees. Serve with your favorite vegetable and your favorite family peeps!

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