

## INGREDIENTS FOR 6 PORTIONS

- 1.0 kg lamb
- 125 g onions
- 150 g turnips
- 200 g carrots
- 750 g potatoes
- 1 garlic clove
- 2 tablespoons of tomato puree
- butter, a bit of flour and a little sugar
- salt and pepper
- 1 bouquet garni
- chopped parsley for the decoration

## PREPARATION & COOKING

- Cut the meat into large cubes, sprinkle with flour and brown on high heat with a little bit of fat. Stir until lightly browned.
- Add the crushed garlic clove, tomato puree, salt, pepper and the bouquet garni. Cover with water.
- Cover with a lid and cook gently for 1 hour.
- Meanwhile, peel the onions and the carrots. Chop the onions finely, slice the carrots and quarter the turnip.
- Brown the vegetables in a pan with hot butter. Sprinkle with sugar to caramelize.
- Add the nicely browned vegetables to the casserole dish (cocotte) then add the raw potatoes. (*Suggestion: chop into smaller pieces if the potatoes are large.*)
- Cook about 30 minutes depending on the size of potatoes.

## NATHALIE'S ADVICE:

- *Although this recipe takes some time, it can be prepared in advance - and it will taste even better the following day.*
- *The lamb, choose a mixture of brisket (it is fatty which is better for a good flavour) and shoulder or topside (leaner).*
- *The secret of this recipe is the caramelised vegetables, which makes the lamb stew succulent. But be careful not to add too much sugar.*

# FRENCH LAMB STEW