

Lamb Marsala Stew

- 1/3 white potato per serving
- 1/4 parsnip per serving
- 1/4 carrot per serving
- 1/5 pound lamb leg per serving
- salt
- black pepper
- 1/3 clove garlic per serving
- 1/4 yellow onion per serving
- 1/8 cup celery hearts per serving
- extra virgin olive oil
- Marsala wine
- cornstarch

Peel potatoes, parsnips and carrots, and dice into about 1 centimeter pieces. Keep separate! Steam the potatoes. About 3 minutes into steaming the potatoes add the parsnips. After another minute or two add the carrots. Once they all seem somewhat soft, remove them from the steamer. Set aside.

Carve the fat off the lamb leg, and chop lamb small. Rub salt and pepper into the lamb. Set aside.

Mince garlic. Chop onions small. Combine, and set aside.

Chop celery hearts.

Heat olive oil in pan over a medium heat. Once heated, add onions and garlic. Stir until the onions just begin to become soft. Add the meat.

Add Marsala wine to taste. Add water sufficient to cover most of the stew. Cover the pan and simmer for an hour or so.

Add the root vegetables. Continue to simmer another couple minutes. Add the celery. Stew just a bit longer until everything seems just about right.

Add some of the liquid to cornstarch to thicken, then add thickening back to stew.

Preparation time: 120 minutes

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