

Shoulder Chop Shepherd's Stew

Serves 6

Main Ingredient:

3 pounds Lamb shoulder chops, de-boned and cubed

Seasoned Flour Blend Ingredients:

1 cup flour
1 pinch Cayenne pepper
½ Tbsp. Paprika
½ tsp. Black pepper

Additional Ingredients:

2 Tbsp. Olive oil
1 48-ounce can chicken stock
4 cups Carrots, cut 1" size
2 med size Onions, cut 1" size
1 cup Celery, chopped
1 tsp. Dried rosemary, chopped
1 Tbsp. Dried Thyme, chopped
1 Tbsp. Dried Parsley flakes
3 pounds Potatoes, cut 1" size
1 cup Water
2 Tbsp. Flour
2 cups Frozen peas

Preparation:

Dust lamb with seasoned flour. Heat olive oil in skillet. Brown meat over high heat for 8-10 minutes.

Remove meat and place in bowl. Discard fat, return meat to skillet. Add chicken stock, carrots, onions, celery, rosemary, thyme and parsley. Cover and bring to a boil. Reduce heat and simmer for ½ hour.

Add potatoes and continue to simmer for additional half hour.

In blender or with whisk, blend water and flour. Add to stew. Add frozen pea, remove lid and continue to simmer for 20 minutes. Serve.