

# Lamb Bourguignonne



Serves 6

## Ingredients:

1.25kg/2.5lb boned lean leg  
of lamb (boned weight)  
350g/12oz button onions  
3 tablespoons oil  
50g/2oz butter or margarine  
225g/8oz button mushrooms  
250ml/8fl oz dry red wine  
300 ml/.5 pint brown stock  
.5 teaspoon salt  
Freshly ground black pepper  
1 tablespoon arrowroot powder  
1 tablespoon water

## Garnish:

Chopped parsley  
Fried bread croutons

## Method:

Cut the meat into bite sized pieces. Blanch the peeled onions in boiling water for 2 minutes then drain. Heat the oil in a large deep frying pan. Add the butter or margarine and, when foaming, add the meat and brown quickly on all sides. Remove with a slotted spoon and reserve. Add the onions to the pan and brown evenly. Remove with a slotted spoon and reserve. Finally fry the mushrooms in the pan juices. Return the lamb and onions to the pan. Stir in the wine, stock and seasoning. Bring to the boil then transfer to a flameproof casserole. Cover and cook in a moderate oven (160 C, 325 F, Gas Mark 3) for about 1.5 hours or until the meat is cooked. Remove the casserole from the oven. Dissolve the arrowroot in the water, add slowly to the casserole and cook for a further 5 minutes over a gentle heat until the stock is clear and thickened. Adjust the seasoning and serve garnished with chopped parsley and fried bread croutons.

Your Notes



You've got **GREAT** taste!

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