



Making wine of extraordinary character from small lots of premium grapes

Take the chill off early spring with the warmth of lamb braised with a bit of bright, fruit-forward Syrah. Even before the vernal equinox, you can invite your friends to celebrate **St. Patrick's Day** with this Lamb Stew, some crusty bread (or Irish soda bread) to soak up the juices, and a glass of Carica Syrah. No one will miss the green beer.

Cheers!

Lamb Stew | *Pair with Carica Syrah* | Serves 8

1/2 cup all-purpose flour
Coarse salt and ground black pepper
3 pounds boneless lamb stew meat, trimmed of excess fat and cut into 1-inch cubes
3 tablespoons vegetable oil
1 large onion, chopped
2 cloves garlic, peeled and sliced
1 teaspoon l'herbes de Provence
(or substitute 1/2 teaspoon each dried thyme and rosemary)
1 cup dry, red wine, such as Carica Syrah, divided
2 cups water, divided
1 1/2 pounds small Yukon gold potatoes, halved (approx. 4 cups)
3 cups sliced carrots (and tender turnips, if available)
3 tablespoons chopped fresh parsley

Season lamb cubes with salt and pepper, then toss cubes in flour, shake off excess. Using a large, heavy pot with lid, e.g., a Dutch oven, heat oil over medium heat. Brown lamb cubes on all sides: Do this in batches, about 3 minutes per batch. Transfer browned cubes to a separate bowl.*

Deglaze the pot with 1/2 cup wine, scraping up browned bits. Add garlic and onion; cook until liquid has evaporated, about 5 minutes. Return lamb to pot; stir in herbs, 1/2 cup wine and 1 1/2 cups water. Cover; simmer until lamb is tender, 1 to 1 1/2 hours.

Add potatoes, carrots, turnips (if using), and 1/2 cup water. Cook, covered, until vegetables are tender and stew has thickened, about 30 minutes. Season with salt and pepper. Stir in parsley just before serving.

***Slow Cooker variation:** After browning the lamb cubes, place them in a slow cooker. Deglaze the pot with 1/2 cup red wine and add to slow cooker. Add onion, garlic, carrots, turnips, and potatoes to slow cooker. Add 1/2 cup red wine and 1 cup water. Cover and cook on low for 8 hours. Season to taste with salt and pepper, and sprinkle with chopped parsley before serving.

© Carica Wines