

## **CAST-IRON CASSEROLE RECIPE: PROVENCAL LAMB AND RED WINE**

*This daube of braised lamb is equally good with beef.*

### **INGREDIENTS:**

- 3 pounds boneless lamb, cut into large bite-size chunks
- Salt and pepper
- 2 tablespoons olive oil or as desired
- 2 or 3 carrots, diced
- 2 onions or leeks, diced
- 2 tablespoons flour
- 1 cup diced tomatoes (canned OK)
- ½ teaspoon herbes de Provence, or more as desired
- 2 bay leaves
- 2 heads garlic, cloves separated and peeled but left whole
- 1 bottle rustic red wine (such as Zinfandel)
- Strip of orange zest
- Pinch sugar
- 1 cup beef broth
- ½ cup each, pimiento-stuffed green olives and black Mediterranean-style olives
- 3 garlic cloves, finely chopped
- 2 to 3 tablespoons chopped parsley

**INSTRUCTIONS:** Sprinkle lamb with salt and pepper. Place 1½ tablespoons of the olive oil in casserole. Add lamb and saute. Remove meat as it lightly browns and set aside on plate. Do not let meat burn or blacken in pan, as you want the browned pan juices for the sauce.

Saute carrots and onions in the remaining olive oil until just softened; sprinkle with flour and cook through for a few minutes.

Stir in tomatoes, herbes de Provence, bay leaves, garlic, red wine, orange zest, small pinch of sugar (if needed to balance tomatoes' acidity) and beef broth. Bring to a boil, stirring to scrape up any browned bits that cling to the bottom of the pan.

Return meat to casserole and cover with lid. Cook long and slowly, either on a very low heat on top of the stove or in a 325° oven for about 3 hours.

Remove from meat from casserole and reserve. Skim off any fat from the surface of the sauce. (This may be done easily by preparing the mixture a day ahead and letting it chill, then lifting the firmed fat right off.)

Return meat and sauce to casserole. Rinse olives well and add; heat through. Just before serving, toss in the garlic and parsley. Taste for salt and pepper.

Serves 4 to 6.

**PER SERVING:** 425 calories, 36 g protein, 13 g carbohydrate, 16 g fat (4 g saturated), 105 mg cholesterol, 342 mg sodium, 2 g fiber.