

Shepherd's Cross Braised Lamb

Leg of lamb – diced into bite size pieces (may substitute lamb chops, shanks, or stew meat)- approx 2 pounds

1 teaspoon salt

¼ teaspoon pepper

1/3 teaspoon thyme

1/4teaspoon oregano

1/3 teaspoon basil

1/3 teaspoon rosemary

3 tablespoons butter

1 large onion diced or chopped

4 cloves garlic minced

2 cups of stock or bouillon stock (may use one cup tomato juice substitute)- use enough to cover the meat while cooking

– this amount may vary with pot size

Marinate lamb meat in tomato juice if desired, for one hour up to overnight.

Melt butter in pan; add lamb meat and braise over low heat until lightly browned on all sides.

Add onion, and garlic. Continue to braise lightly for approximately 5 minutes.

Add salt, pepper, thyme, oregano, basil and rosemary. Continue to braise for a brief minute or so.

Add stock or combination of stock and tomato juice. Cook over low heat, simmering for 40 minutes, or until meat is tender.

If desired, add a thickening agent, such as 3 tablespoons of cornstarch added to the stock, prior to adding the stock.

Serve over rice or noodles or with mashed potatoes.

*A classic recipe from **Shepherd's Cross***

16792 East 450 Road, Claremore, OK 74017

918-342-5911

www.Shepherds Cross.com