

# TAMAKI OSAKA'S LAMB STEW

Naomi Osaka

## Allergens

- Contains Gluten
- Not suitable for vegetarians

## Kitchen Tools

- Medium Cast Iron Pot

## Ingredients for 4-6 people

- 2 pounds lamb neck fillets, at room temperature
- Salt and pepper
- 3 tablespoons flour
- 1 pound carrots, washed and sliced
- 8-10 shallots, peeled and chopped
- 1 onion, chopped
- 3 stalks celery, chopped into large pieces
- 4 potatoes, peeled and quartered
- 6 cloves garlic, peeled and chopped
- 1 pound button mushrooms, cleaned
- 1 teaspoon parsley
- Generous handful of fresh thyme and rosemary, chopped
- 3-4 bay leaves
- 2 cups beef stock
- 1 cup red wine (rioja or any other)
- Splash of Worcestershire sauce (1-2 tablespoons)
- Splash of soy sauce (1-2 tablespoons)
- 2 tablespoons ketchup
- Butter for frying (roughly 2 tablespoons)

## Instructions

1. Chop lamb into large chunks. Season with salt and pepper.
2. Chop and prepare other ingredients. Set aside.
3. Add enough butter to cast iron pot to coat the bottom. Turn heat to medium.
4. Add lamb and let cook for ten minutes, stirring only occasionally.
5. Turn off heat and transfer meat to separate bowl.
6. Leave the remaining oil in the pot and add shallots and onion. Sauté for 5 minutes until slightly softened.
7. Add garlic and flour and stir for 30 seconds to 1 minute to thicken.
8. Add wine and stir. Cook for a few minutes on high heat to reduce.
9. Add beef stock, ketchup, soy sauce and Worcestershire sauce. Bring to a boil.
10. Return meat to pot and add bay leaves, chopped herbs, and carrots.
11. Add whole mushrooms. If it needs more liquid for ingredients to be slightly immersed, add a little bit more beef broth.
12. Place into the oven at 325 degrees Fahrenheit for about one hour. Add potatoes and return to oven. Cook for one more hour. Check occasionally.
13. When the meat and potatoes are tender, it's ready.

## Notes from the chef

Measurements above, particularly for seasonings, are estimates. Rather than adding too much up front, it's best to just keep tasting and calculate the taste after the boiling/simmering process. The flavors and degree of saltiness will only intensify the longer it cooks, so err on the side of mild seasoning, and adjust later if necessary. The easiest way is to use Mrs. Dash (it's a spice/herb seasoning sold in the grocery store) and sprinkle to taste.

*This recipe is part of Mastercard's Priceless Cookbook, a collection of recipes and the inspiration behind them from all over the world.*

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