

Lamb Stew with Spring Vegetables

Recipe by Stephen Pavy

Serves: 6

Serve with

[Joseph Phelps Vineyards Syrah, Napa Valley](#)

[Joseph Phelps Vineyards Le Mistral](#)

[Joseph Phelps Vineyards Cabernet Sauvignon](#)

[Joseph Phelps Vineyards Insignia](#)

- 6 fresh parsley sprigs
- 2 fresh thyme sprigs
- 2 fresh rosemary sprigs
- 2 Turkish bay leaves
- 3 lbs. boneless lamb shoulder, trimmed of excess fat
- 3 Tbsp. olive oil
- 1 large onion, finely chopped
- 4 garlic cloves, finely chopped
- 1 ½ cups dry white wine
- 2 ½ cups low sodium chicken stock or broth
- 1 tsp. salt, plus more to taste
- ½ tsp. black pepper, plus more to taste
- 10 oz. pearl onions
- ½ lb. baby turnips, trimmed and halved lengthwise if large
- ½ lb. baby carrots, peeled, trimmed, and halved lengthwise if large
- ½ lb. baby zucchini, trimmed and halved lengthwise
- ½ lb. sugar snap peas, trimmed
- 2 Tbsp. unsalted butter, softened
- 3 Tbsp. all-purpose flour

Preheat oven to 325° F.

Pat lamb dry, then cut into 1 ½-inch pieces and season with salt and pepper. Heat olive oil in a 6- to 7-quart wide heavy pot over moderately high heat until hot but not smoking, then brown lamb in 3 batches, turning occasionally, about 4 minutes per batch, transferring with a slotted spoon to a bowl.

Add chopped onion and garlic to pot and sauté over moderately high heat, stirring, until onion is golden, about 6 minutes. Add wine and stock and deglaze pot by boiling, scraping up brown bits, 1 minute. Return lamb to pot along with any juices that have accumulated in bowl and add herbs.

Braise lamb, covered, in middle of oven until tender, about 1 ½ hours. Stir in salt and pepper.

While lamb is braising, cook pearl onions in a 5- to 6-quart pot of boiling salted water until tender, about 10 minutes, then transfer with a slotted spoon to a large bowl of ice and cold water to stop cooking (reserve cooking water). Remove onions and peel.

Boil turnips, carrots, zucchini, and sugar snaps separately in reserved cooking water until just tender, about 5 minutes for turnips, 4 to 6 minutes for carrots, 2 minutes for zucchini, and 1 ½ minutes for sugar snaps. Transfer vegetables as they are cooked with a slotted spoon to ice water and when all are cooked, drain vegetables in a colander.

Stir together butter and flour in a small bowl to form a paste. Remove herbs from braised lamb and bring to a simmer on stovetop. Whisk in enough of the butter/flour mixture, bit by bit, to thicken to desired consistency, then simmer about 2 minutes. Add vegetables and simmer, stirring occasionally, until heated through, about 2 minutes. Season with additional salt and pepper to taste.

- Lamb can be braised 2 days ahead and cooled, uncovered, then chilled, covered. Reheat before adding butter/flour paste and vegetables.
- Vegetables can be cooked 1 day ahead and chilled, wrapped in paper towels in a sealed plastic bag.