

GRECIAN LAMB STEW

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| 1/4 cup (50 mL) flour | 2 tbsp (25 mL) fresh lemon juice |
| 1 tsp (5 mL) pepper | 2 tsp (10 mL) oregano, crumbled |
| 1/2 tsp (2 mL) salt | 1 tsp (5 mL) cinnamon |
| 2 lb (1 kg) boneless lamb, cubed | 1 tsp (5 mL) ground ginger |
| 2 tbsp (25 mL) oil | 1/2 tsp (2 mL) salt |
| 2 cups (500 mL) sliced onions | 1/2 cup (125 mL) pitted kalamata olives |
| 2 cloves garlic, finely chopped | Gremolata, recipe follows |
| 1 1/2 cups (375 mL) canned chicken broth | |
| 1 can (19 oz/540 mL) chickpeas, rinsed and drained | |

Combine flour, pepper and 1/2 tsp (2 mL) salt in a plastic bag. Add lamb to flour mixture and toss to coat. Heat 1 tbsp (15 mL) oil in a Dutch oven over medium heat. Add lamb in batches and brown on all sides, adding remaining oil as necessary. Transfer lamb to a plate. Add onions to pan and saute until softened, about 5 minutes. Add garlic and saute for 1 minute. Stir in broth, chickpeas, lemon juice, oregano, cinnamon, ginger and 1/2 tsp (2 mL) salt. Bring to a boil, scraping to loosen browned bits. Return lamb and any accumulated juices to pan. Stir in olives. Bake, covered, at 350°F (180°C), stirring occasionally, for 1 1/2 - 2 hours or until lamb is tender. Sprinkle with Gremolata. Serves 4 - 6.

Gremolata

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| 1/4 cup (50 mL) chopped fresh parsley | 1 clove garlic, finely chopped |
| 2 tsp (10 mL) grated lemon peel | |

Combine parsley, lemon peel and garlic in a small bowl. Cover and refrigerate until serving.

SLOW COOKER SAUERBRATEN MEATBALL STEW

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| 3 cans (10 oz/284 mL each) tomato soup | 1 tbsp (15 mL) coarse-grain mustard |
| 1 1/4 cups (300 mL) water | 2 cloves garlic, finely chopped |
| 1 cup (250 mL) chopped onion | 36 frozen cooked meatballs, thawed |
| 1/2 cup (125 mL) packed brown sugar | 3 cups (750 mL) baby carrots |
| 1/4 cup (50 mL) red wine vinegar | 3/4 cup (175 mL) finely crushed gingersnaps |
| 2 tbsp (25 mL) Worcestershire sauce | |

Combine first 8 ingredients (soup through garlic) in a 4 - 5 quart (4 - 5 L) slow cooker. Stir in meatballs and carrots. Cover and cook on low heat setting for 6 - 7 hours. Stir in gingersnaps. Cover and cook for 20 minutes or until stew is thickened. Serves 6.

Cook's Note: *Either store-bought or homemade cooked meatballs may be used in this recipe. A package (2 lb/1 kg) of frozen cooked meatballs contains about 65 meatballs.*

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CARBONNADE À LA FLAMANDE

This delicious beef stew hails from Belgium. The bacon and dark beer contribute to its rich flavour. Mashed potatoes make a wonderful accompaniment.

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| 6 slices bacon, diced | 1 tbsp (15 mL) packed brown sugar |
| 4 lb (2 kg) beef chuck steak, cubed | 1 tsp (5 mL) salt |
| Olive oil | 1/2 tsp (2 mL) thyme, crumbled |
| 2 large onions, sliced | 1/4 tsp (1 mL) freshly ground pepper |
| 3 cloves garlic, finely chopped | 2 bay leaves |
| 1/2 cup (125 mL) brandy | 3 tbsp (40 mL) butter, softened |
| 2 cups (500 mL) dark beer or stout | 3 tbsp (40 mL) flour |
| 2 cans (10 oz/284 mL each) beef broth | |

Cook bacon in a Dutch oven until crisp. Remove bacon with a slotted spoon; set aside. Drain off excess fat. Add beef in batches and brown on all sides, adding oil as necessary to prevent sticking. Remove beef from pan; set aside. Add onions and garlic to pan and sauté until tender. Add brandy and bring to a boil, scraping to loosen browned bits. Reduce heat and simmer until liquid is reduced by half. Stir in next 7 ingredients (beer through bay leaves). Bring to a boil. Return bacon and beef to pan. Cover and bake at 325°F (160°C) for 1 1/2 - 2 hours or until beef is tender. Remove pan from oven and place over medium heat; bring to a simmer. Combine butter with flour and stir into simmering carbonnade. Simmer, stirring occasionally until thickened, about 5 - 10 minutes. Remove bay leaves. Carbonnade may be refrigerated for up to 24 hours. Do not freeze. Serves 8.