

Tina's Lamb Stew

Recipe by David Bergen
Tina's Restaurant - Dundee, OR

Serves: 4-6 people



WINE PAIRING: TORII MOR 2007 TEMPERANCE
HILL VINEYARD PINOT NOIR

Ingredients:

- 1½ lb. lamb shoulder or leg, cut into 1-inch cubes
- salt & pepper
- 1 Tbsp. olive oil
- 1 medium yellow onion, medium diced
- 4 cloves garlic, chopped
- 2 cups crushed whole tomatoes
- 1 bottle Pinot noir
- 1 cup chicken stock
- ½ lb. of carrots, peeled and cut diagonally to create ½-inch thick slices
- 1 small bunch kale, leaves removed from ribs and torn
- ¾ cup green lentils

Preheat oven to 425°F. Place lamb in a roasting pan, tossed with with salt and pepper. Roast the lamb in preheated oven until cooked to medium

rare, about 20 minutes. At this point, you might find that the lamb needs to be cut into slightly smaller pieces.

Heat olive oil over medium heat in a large pot with lid. Add onions and garlic; saute about 3 minutes. Add lamb, tomatoes, wine, and chicken stock to pot. Bring to a boil, then cover and reduce heat to low. Simmer for 1½ hours, stirring occasionally.

Meanwhile, bring 3 cups of salted water to a boil in a pot. Add lentils and reduce heat to maintain a gentle simmer. Cook until lentils are tender, about 15-20 minutes. Drain lentils and set aside.

After the stew has been simmering for 1½ hours, add the carrots and torn kale leaves; simmer for another 20-30 minutes, or until carrots are just tender. Stir in cooked lentils and season with salt and pepper to taste. Serve with crusty bread.

“Through this Torii Mor, this Earth Gate, we step, to make glad the soul with wine.”