

Wine and Mustard Braised Lamb

This recipe will appeal to those who already love lamb and those who are trying it for the first time...especially when it is enjoyed with a glass of full-bodied Fourtitude red wine!

Yield: 4 to 6 servings

INGREDIENTS:

2 tbsp	olive oil, divided
1	bone-in lamb leg roast, about 2 1/2 to 3 lbs
1/2 tsp	each sea salt and freshly ground pepper
1	onion, chopped
3	cloves garlic, minced
1 tbsp	chopped fresh oregano
1 tsp	chopped fresh thyme
3 tbsp	grainy Dijon mustard
1 1/2 cups	Limited Edition Fourtitude Red Wine
1 1/2 cups	chicken broth
1	bay leaf
2 tbsp	cornstarch

Suggested Accompaniments

Roasted potatoes, buttered carrots and steamed green beans

METHOD:

Preheat the oven to 325°F. Heat half the oil in a Dutch oven set over medium-high heat. Season roast with salt and pepper. Brown roast all over and remove to a plate.

Reduce heat to medium; add remaining oil. Sauté onion, garlic, oregano and thyme until just translucent. Stir in mustard followed by wine and broth. Add roast and bay leaf.

Roast, covered, for 2 hours. Roast, uncovered and turning roast occasionally, for an additional 1 to 1 1/2 hours or until meat is fall-off-the-bone tender. Remove roast to a carving board. Tent with foil until ready to slice.

Strain pan liquids into a skillet set over medium heat. Simmer for 5 minutes. Blend cornstarch with 2 tsp water until smooth. Stir into liquid until thickened and glossy. Serve sliced lamb with gravy on the side.

TIP: For a thicker gravy, add up to 1 tbsp additional cornstarch blended with equal parts water. For even more mustard flavour, stir 1 tbsp additional grainy mustard into the thickened gravy.



PAIR WITH: Limited Edition Fourtitude Red Wine



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