

Heartwarming Home Cooking

(NAPSA)—To enjoy classic comfort foods without breaking the bank, use cost-conscious cuts of lamb such as tender, fall-off-the-bone shanks, versatile leg and flavorful shoulder.

“One of my go-to dishes for the fall is a hearty American Lamb Stew with Mashed Potato Crust,” says Chef Tim Love. “It’s easy to make and feeds a hungry family without having to spend a lot of time in the kitchen.”

Fans of lamb can find the recipe for this soul-satisfying stew and other comfort favorites at www.americanlamb.com.

American Lamb Stew With Mashed Potato Crust

Courtesy of Chef Tim Love
Serves 4

- 1 cup flour
- ¼ cup red chili powder
- 1 tablespoon kosher salt
- 1 tablespoon cracked black pepper
- 3 lamb shanks
- ¼ cup olive oil
- 1 cup diced onion
- 1 cup diced celery
- 1 cup diced carrot
- 6 cloves garlic
- 1 cup white wine
- 4 cups beef broth
- 2 sprigs thyme
- 3 sprigs rosemary
- 2 bay leaves

Mix flour, chili powder, salt and pepper together. Roll lamb shanks in this flour mixture. In a large roasting pan, heat up oil and sear shanks. Add onion, celery, carrot and garlic and continue to sear. Add wine, broth, thyme, rosemary and bay leaves. Bring to a boil and then reduce to a simmer and cover. Cook for 2½ hours, turning shanks occasionally. Meat should be very



This soul-satisfying stew is made with tender lamb shanks.

tender. At this point, pull meat from the bone and continue to simmer over low heat until stew thickens slightly. Strain the sauce from the bottom of the pan and reduce by half. Add back and cool. Put in oven-safe bowl, top with warm mashed potatoes and bake at 375 degrees until stew bubbles over the side/potatoes golden brown (approx. 15 minutes).

Mashed Potatoes

- 4-5 Yukon Gold Potatoes, peeled and quartered
- 3 cups heavy cream
- 4 oz. unsalted butter
- 6 roasted garlic cloves, pureed
- Salt and pepper to taste

Using small pot, boil potatoes until fork slides out of potatoes easily.

While potatoes are boiling, heat cream and butter until hot. Do not boil. Drain water from potatoes. Place potatoes in mixer with paddle attachment. Add 1 cup cream mixture to potatoes and mix until blended. Slowly add remaining cream while mixer is on medium speed and then add garlic until fully incorporated. Add salt and pepper to taste.