

## **Burgundy Lamb Stew**

### **Ingredients:**

3 lbs. Lamb Stew Meat  
1/2 cup olive oil  
2 cups chopped onions  
1 teaspoon garlic-finely chopped  
1 cup flour  
3 cups beef broth  
1 1/2 cups dry Burgundy or other red wine  
1 Tablespoon Worcestershire sauce  
1 - 6 ounce can tomato paste  
1 teaspoon salt  
1 teaspoon pepper  
1 teaspoon thyme  
1 bay leaf  
2 cups carrots - sliced 1/2 inch thick  
2 cups potatoes (approx 1 lb) - peeled and cut into 2 inch cubes  
1 - 8 ounce package frozen peas

### **Preparation:**

Heat oil in a heavy pot. Brown meat.  
Remove meat from pot and add onions. Stir and cook until tender, but not brown.  
Stir in garlic and then the flour. Stir until lump-free.  
Add the beef stock, red wine, Worcestershire sauce, tomato paste, and seasonings.  
Bring to a simmer.  
Add the lamb, then cover and cook over low heat for 30 minutes.  
Add carrots and potatoes and cook an additional 30 - 40 minutes.  
Adjust seasonings to taste, and stir in peas.  
Cook at a simmer for 5 minutes longer and serve. Great with a crusty French bread!

This recipe was served at the wedding breakfast of the Duke and Duchess of Windsor. He, of course had abdicated the throne of England as then King Edward VIII for the American woman he loved, Wallis Simpson.