



Locals Choice Club

Recipes for pairing with Locals Choice
Club March 2015 Selections

www.tastelocalwines.com
707. 857.4900

Lamb Stew with Apricots, Pear, and Mint

Serves 8. Pair with 2010 Arbios Cabernet Sauvignon, Alexander Valley.

Ingredients:

- 2 tablespoons extra virgin olive oil
- 3 pounds boneless lamb, cut into 1 1/2-inch pieces
- 2 medium onions, cut in half and thinly sliced
- 6 cloves garlic, roughly chopped
- 2 teaspoons lemon zest
- 1/3 cup fresh orange juice
- 1 cinnamon stick
- 1 tablespoon honey
- 2 cups beef broth
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 6 ounces dried apricots
- 1/2 cup sliced almonds, toasted
- 1 large pear, not peeled, cut into 2-inch cubes
- 1/4 cup chopped fresh mint leaves

In a large wide saucepan or dutch oven, heat 1 tablespoon of the oil over medium-high heat.

Add the lamb pieces in batches and cook, using tongs to turn the pieces, until well browned on all sides. Do not crowd the pan.

Remove the browned pieces to a large bowl.

Add the onions and garlic to the saucepan plus the other tablespoon of oil and cook, scraping the bottom of the saucepan to avoid sticking, for 5 minutes, until the onions are browned. If the onions start to burn, turn the heat down to medium.

Add the lemon zest, orange juice, cinnamon stick, honey, and broth to the saucepan and bring to a boil.

Season with salt and pepper to taste.

Return the lamb pieces to the saucepan, cover, and cook on low heat for 1 1/2 hours.

Add the apricots, almonds, and pear cubes to the pan, stir, and cook for another 40 minutes. Add the mint, stir, and serve.

