

## Lamb Stew with Butternut, Apples and Ginger - by Healing Family Eats

*Be sure to choose firm apples for this stew or else they will turn to mush.*

*(serves 4)*

1 kg lamb stewing meat, cut into 1+1/2 inch chunks  
1 tbsp solid fat (I use lard)  
1 medium onion, thinly sliced  
2 stalks celery, chopped  
2 tsp [ground ginger](#)  
2 tbsp sage leaves, finely chopped  
1/2 (700g) butternut squash, peeled and cubed  
3 cups (750ml) beef or lamb bone broth  
2 large firm apples, such as granny smith or golden delicious, cored and sliced

Preheat oven to 300F / 150C

For tips on successful browning, please refer to [this post](#).

If you buy nicely marbled meat, there shouldn't be any need to put fat in the pan before you sear, however feel free to add a small amount of solid fat if you think it necessary. Heat a large heavy based lidded casserole (Dutch oven). Brown the meat in batches (see above), removing with a slotted spoon onto a plate and set to one side. Once the meat is browned and removed, add the tbsp of fat and then the onion and celery to the casserole. Turn the heat right down and sweat the veggies for 5 minutes or so until softened slightly. If, at any point, your pan is a little over brown and parched, a tbsp water will help release the sediment, so quickly scrape it off and incorporate into the onions before the moisture is evaporated.

Next, stir in the ginger and cook one minute more. Add the browned meat, together with the remaining ingredients, except the apples, and mix well, making sure the meat is covered by the liquid. Turn the heat up to a simmer, put the lid on and place into the oven.

Cook for 2+1/4 hours, or until the meat is beautifully tender. Add the apples and cook for a further 15-20 minutes.

Serve with [garlic cauliflower mash](#).

