

Lamb Stew with Black Olives and Rosemary - by Healing Family Eats

This nutritious and hearty stew is full of flavour and really benefits from long, slow cooking. Its thick and glossy sauce is achieved by reduction, but relies on a good quality gelatinous bone broth in order to do so. Take the time to brown your meat properly and you will be rewarded with a delicious meal.

(serves 4-6)

1 kg lamb shoulder, cut into 1+1/2" cubes
1 tbsp solid fat (I like duck fat), if needed
1 large white onion, thinly sliced
900g (about 2 medium) rutabaga, peeled and chopped into 1+1/2" pieces
125g pitted kalamata olives in olive oil*
1 tbsp finely chopped rosemary
3 small bay leaves (preferably fresh)
3 cups (750ml) gelatinous beef bone broth
sea salt, if needed (I use [this one](#))

Preheat oven to 300°F / 150°C

For tips on successful browning, please refer to [this post](#). Because lamb is a fatty meat it requires no fat for browning.

Heat a large heavy based lidded casserole (Dutch oven). Add the lamb in batches and brown the pieces all over, putting aside in a large bowl as you go. Once the meat is browned and removed, add the tbsp of fat and then the onions to the casserole. Turn the heat right down and sweat for 5 minutes or so until translucent and taking on some of the colour from the bottom of the casserole. 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.

When the onions are nice and soft, add the browned meat, together with the rutabaga and combine well. Put in the remaining ingredients and mix well, making sure the meat is covered by the liquid. It is important not to add salt at this stage, the reduction of the liquor at the end will intensify all the flavours and you may find there is no need (I didn't add it at all). Turn up the heat, bring up to a simmer, put the lid on and place into the oven.



Cook for 2+1/2 hours or until the lamb is tender and falls apart when pressed with a spoon, checking mid way through the cooking process to make sure the stew isn't drying up.

When the stew is cooked, remove the meat, rutabagas and olives with a slotted spoon (or set a colander over a large bowl and strain the mixture that way) and put the liquor back on the heat. Bring it up to the boil and reduce by half until thickened and glossy. Add the ingredients that you had put aside and mix gently, keeping the meat pieces intact.

Serve with [garlic cauliflower mash](#).

* Don't forget to check how your olives have been cured, many will not be with AIP approved ingredients.