

Jamison Farm Lamb Cassoulet Recipe

From "Coyotes in the Pasture and Wolves at the Door: Stories and Recipes from Our Farm to Your Table" By John & Sukey Jamison

Serves 6

- ¼ cup olive oil
- 2 pounds cubed lamb stew meat dredged in flour
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1 teaspoon crushed dried thyme
- 2 bay leaves
- 1 cup chopped onion
- 1 clove garlic, chopped
- 2 ½ cups lamb stock or chicken stock
- 4 cups whole tomatoes, in juice
- ½ cup chopped celery
- 1 cup slice peeled carrots
- ½ cup chopped parsley
- 2 cups white beans, cooked and drained
- 1 pound Eliza's Lamb Sausage, cut in 1 ½ - inch pieces

Heat the oil in heavy large pot over medium-high heat. Working in batches to avoid crowding the pan, saute the floured meat in the hot oil until it has browned on all sides, 3-5 minutes.

Season with salt and pepper then add thyme and bay leaves. Add onions and garlic, and cook stirring often for about 3 minutes.

Add broth and tomatoes and bring to a boil. Reduce heat to low and simmer for 20-30 minutes.

Add celery, carrots, parsley and continue to simmer for 30-45 minutes. Add beans and sausages and simmer for 25-35 minutes on stove top or in oven at 325-degrees F. Serve with crusty bread.