

# Braised Lamb Stew with Cannellini Beans

Author: Adapted from Marcella's Italian Kitchen



1 tablespoon vegetable oil  
 3 pounds lamb shoulder, bone-in, cut in 3-inch pieces  
 2/3 cup all-purpose flour  
 3 tablespoons extra virgin olive oil  
 2 1/2 cups onions, sliced thin  
 6 fresh sage leaves (or 1 tsp dried)  
 Salt and pepper to taste  
 1 cup dry white wine  
 2 teaspoons tomato paste  
 1 cup beef broth (use a concentrate with water)  
 1 1/2 cups cannellini beans, dry  
 4 cups water  
 2 whole garlic cloves, sliced in half  
 3 fresh sage leaves  
 Salt and pepper to taste  
**Garnish for meat:**  
 2 teaspoons fresh garlic, finely minced  
 3 tablespoons Italian parsley, chopped

*Per Serving (excluding unknown items): 839 Calories; 48g Fat (53.4% calories from fat); 46g Protein; 49g Carbohydrate; 9g Dietary Fiber; 129mg Cholesterol; 355mg Sodium. Exchanges: 2 1/2 Grain(Starch); 5 1/2 Lean Meat; 1 Vegetable; 7 Fat.*

**Carolyn T's Tasting Spoons blog:**  
<http://tastingspoons.com>

*Description: A peasant dish with lamb shoulder and hearty beans.*

*Notes: If the "stew" is too thick, you could add just a little bit of chicken or beef stock (or water) to loosen it. As with all stews, it improves if made the day before.*

1. Pour enough vegetable oil into a skillet to cover the bottom completely and turn on the heat to medium high.
2. When the oil is hot, dredge the lamb pieces in the flour, one by one, and add gently to the pan. Do not crowd the pieces. Brown the meat on all sides, then transfer the to a plate, adding more lamb pieces, until all the lamb has been browned. Pour off the grease but keep the fond that's on the bottom - add that to the stew once it's mixed and ready to go in the oven.
3. Preheat oven to 350.
4. Choose a large, lidded pot (large enough to hold all the meat and the beans), and preferably one that can go from oven to rangetop. Into this large pot add the olive oil, sliced onions, and sage. Turn heat to medium and cook onions, uncovered, stirring occasionally, until it becomes a light brown (but not burned).
5. Add the meat, turning it 2-3 times and heat until the meat begins to sizzle, then add salt, some grindings of ground black pepper and the white wine.
6. Meanwhile, dissolve the tomato paste in the beef broth and set aside. Simmer at medium-high heat the onions and wine and when almost all of the wine has boiled off, add the beef broth mixture and the fond from the frying pan. Bring back to a simmer, then cover and place the pot in the oven for 1 1/2 hours, removing it every 30 minutes and stirring it.
7. Meanwhile, prepare the beans: Add the beans to a stockpot, add water and bring to a boil, turn off heat and let sit for an hour. Drain beans, then add twice as much water as you have beans (I've estimated at 4 cups, but it might be more). Add the garlic gloves and sage leaves. Bring to a boil, cover and reduce to a low simmer for about an hour, until the beans are just barely cooked through. Don't over cook them or they'll be mushy.
8. Drain the beans and taste for seasoning (salt and pepper). It may need more salt than you think. Pour beans into the lamb stew pot and stir. Cover and bake another 15 minutes, until the mixture is warmed through. Remove and discard any loose bones.
9. Pour the stew onto a heated platter or bowl and sprinkle top with the raw garlic and the chopped parsley.