FRENCH · DINNER

Navarin d'Agneau (French Lamb Stew with Potatoes)

100 min · Serves 4 · 860 kcal a serve · Video 13:15 · French Cooking Academy

A complete one-dish meal of lamb and potatoes: one serve gives about 42 g of protein, is rich in vitamin B12, zinc and potassium, and the potatoes add fibre and vitamin C. It is a hearty, rich plate.

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Ingredients 17 · SERVES 4

- [ ] 800 g **boneless lamb shoulder**, cut into large cubes
- [ ] 50 ml **peanut oil** (or other high smoke-point oil), excess poured off after browning
- [ ] 100 g **carrot** (1 carrot), finely diced
- [ ] 100 g **onion**, finely diced
- [ ] 20 g **butter**, for the vegetables
- [ ] 20 g **flour**
- [ ] 20 g **tomato paste**
- [ ] **water**, enough to just cover the meat (about 590 ml)
- [ ] 2 cloves **garlic**
- [ ] 1 **bouquet garni** (thyme, bay leaf and parsley stalks)
- [ ] a few pinches of **salt**
- [ ] **cracked black pepper**
- [ ] 6 **potatoes** (a boiling variety), peeled and blanched
- [ ] 250 g **pearl onions** (or small pickling onions), peeled
- [ ] 10 g **sugar**, for the onions
- [ ] 20 g **butter**, for the onions
- [ ] a little chopped **curly parsley**, to garnish

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten, Milk, Peanut. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 220°C. In a heavy casserole, heat the oil over medium-high heat and brown the lamb in batches on all sides; set aside. Pour off the excess fat. 3:54
2. Add the diced carrot and onion with 20 g butter and sweat for 2–3 minutes. Return the lamb, sprinkle over the flour, and put the uncovered pan in the oven for 5 minutes. 5:34
3. Back on the stove (heat off), stir in the tomato paste to coat the meat. Add water just to cover, bring to the boil, then add the garlic, bouquet garni, salt and pepper. 7:14
4. Cover and cook in the oven at 200°C for about 35 minutes. Meanwhile blanch the potatoes, and glaze the pearl onions with the sugar, 20 g butter and a little water until caramelised. 9:04
5. Move the lamb and potatoes to a clean pan, strain the sauce over them (discard the carrot, onion and herbs) and simmer on medium-low for 20 minutes until the potatoes are tender. 9:55
6. Serve topped with the caramelised onions and a little parsley. 11:51

> **Tip** Lamb shoulder needs the long cook; trim visible fat and pour off the browning fat well to make it lighter. Add peas or green beans for the last 10 minutes for a spring-style navarin.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
860 kcal	42 g	72 g
3,600 kJ	85% of a day	64 g net · 11 g sugars
		26% of a day

FIBRE	FAT	SODIUM
8.4 g	45 g	540 mg
30% of a day	19 g saturated	23% of a day
	58% of a day	

Energy from net carbs 31% · protein 20% · fat 49%

High in (20%+ of a day) Vitamin B12 163% · Zinc 83% · Selenium 78% · Vitamin B6 67% · Potassium 43% · Vitamin K 43% · Vitamin C 41% · Iron 36% · Omega-3 36% · Folate 33% · Vitamin A 32% · Magnesium 29%

Source of (10–19%) Vitamin E 13%

Recipe and video: French Cooking Academy (@FrenchCookingAcademy) on YouTube — youtube.com/watch?v=SABeSRbAG9M, published 1 July 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/navarin-dagneau-french-lamb-stew