

LAMB STEW

- 1/4 cup unsifted all-purpose flour
- 3 tsps. salt
- dash of pepper
- 2 lbs. boned lamb shoulder, cut into
1½-2" cubes
- 3 tblsps. shortening
- 1 clove garlic, minced
- 1/4 cup chopped onion
- 2 cups tomato juice
- 12 small white onions, peeled
- 6 medium carrots, pared and cut in half
- 1/2 tsp. dried rosemary leaves
- 1 pkg. (10 oz.) frozen peas

Combine flour, salt, and the pepper. Use this to coat lamb cubes lightly. (Reserve rest of flour mixture).

Heat shortening in electric skillet at 300°. Brown meat on all sides. Pour off fat.

Sprinkle reserved flour mixture and remaining salt over meat. Add garlic, chopped onion, tomato juice and 1 cup water.

Cover skillet (vent closed, if your skillet has one), and simmer at 210° for 1½ to 2 hours, or until the lamb is tender. Add more water to the skillet during cooking, if necessary.

Add white onions, carrots, and rosemary. Simmer at 210° for 30 minutes.

Add peas and continue to simmer for 20 minutes. If a thicker stew is desired, remove the cover the last 10 minutes of cooking.

Makes 6 servings.