

LAMB RAGOUT WITH OLIVES

Adapted from
The Colonial Dames Dish it Up

For Four

Ingredients:

- 3 lbs. Leg of lamb meat cut into stew meat cubes
- 3 TBS. Oil
- Three-quarters cup of onions thinly sliced
- 5 or 6 cloves of garlic, sliced and chopped
- One-half tsp. Red pepper flakes
- One-and one-half TBS. Flour
- 3 Fourteen-and-one-half-ounce Cans of stewed tomatoes
- Three-quarter cup dry white wine or vermouth
- 1 bay leaf
- 1 tsp. Dried or fresh rosemary
- 2 Cups of pitted olives -- a country mix

In a deep skillet, brown the lamb in the oil. Add onions and cook while stirring, about 5 minutes. Add garlic and cook, stirring, 2 or 3 minutes more. Sprinkle flour over all, and stir well. Pour in tomatoes, with their juices, then add wine, bay leaf, rosemary and olives.

Cover and simmer over low heat for at least three hours. If it gets dry at all, add a little more wine.

For two people, two pounds of lamb and two cans of tomatoes. For six people, four pounds of lamb and four cans of tomatoes. Increase other ingredients commensurately.

Serve with warm crusty bread and red wine.

