



Stew Italiano

2 lbs	SRS Lamb, stew meat	1 kg
2 tbsp	olive oil	30 ml
6	cloves garlic, peeled and sliced	6
2 cups	fennel, diced into bite-sized pieces	500 ml
2 cups	white onion, diced into bite-sized pieces	500 ml
6 cups	chicken stock	1.5 L
2 cups	fresh green and yellow beans, snapped in half	500 ml
1	lemon, zested and juiced	1
¼ cup	green olive slices	50 ml
¼ cup	chopped fresh parsley	50 ml
	salt and freshly ground pepper to taste	

Season the lamb with salt and pepper. In Dutch oven, warm olive oil over high heat and brown lamb pieces well on all sides. Remove lamb from pan. Reduce heat to medium. Add garlic, fennel and onions. Cook, stirring occasionally, until softened, about 10 minutes.

Add the lamb back to the pan. Add the chicken stock and simmer, covered, for 30 minutes. Add the beans and lemon zest and juice to stew. Simmer, uncovered, for 15 minutes. Remove from heat, add olive slices and fresh copped parsley. Season to taste.