



## **Chef Alison Negrin & Associates**

Creating Healthy Food Zones

# **Lamb stew with quince and apricots**

**8 -10 servings**

## **Ingredients**

- 1 large onion, cut into small dice
- 3 garlic cloves, pressed
- 1/4 cup EV olive oil
- 2 pounds lamb stew meat
- 2 teaspoons salt
- 1 teaspoon pepper
- 3 cups chicken stock
- 1 (6-ounce) can tomato paste
- 2 quinces, do not peel; just slice like an apple (make sure to remove the entire core)
- 1/4 cup lime or lemon juice or the juice of 3 limes
- 3/4 cup dried apricots
- 2 large yukon gold potatoes, peeled and cut into medium dice

## **Production Preparation method:**

1. In a 6-quart saucepan, sauté the onion and garlic in olive oil until the onion starts to become translucent (about 1 minute). Add the meat; cover and cook until meat no longer looks red, stirring occasionally. Add salt and pepper.
2. Add chicken stock, tomato paste, lime juice, quince, apricots, and potatoes. Simmer, covered, for 1 hour, stirring occasionally until meat is tender.
3. Serve hot in a casserole dish.