



Caldereta de cordero (lamb stew)

SERVES 6 PREP 20 mins COOK 2 hrs 25 mins EASY

4 tbsp olive oil
800g diced lamb shoulder
1 large onion, finely chopped
2 large garlic cloves, 1 thinly sliced
and 1 crushed
4 thyme sprigs
2 bay leaves
2 x 400g cans chopped tomatoes
1 tbsp tomato purée

1 Heat 2 tbsp of the oil in a large casserole dish over a high heat. Season the lamb, then fry in several batches (avoid overcrowding the meat) for 5 mins or until deep golden brown all over. Add the onion and cook for 5 mins then stir through the sliced garlic, thyme, bay, tomatoes and tomato purée. Pour in the wine and cook until reduced by half, then pour in the chicken stock. Season to taste and bring to the boil, then lower to a simmer. Cover with a lid and cook for 2 hrs or until the meat is tender and falling apart.

200ml red wine
400ml chicken stock
80g stale white crusty bread
50g blanched almonds
1 tbsp sherry or red wine vinegar
3 jarred peppers, cut into thick strips
½ small bunch parsley, finely chopped
crusty bread or boiled potatoes,
to serve

2 Around 15 mins before the lamb is cooked, tear the bread into pieces and heat the remaining oil in a small frying pan. Fry the bread for 5 mins over a medium heat until golden brown. Put the fried bread in a food processor along with the almonds, crushed garlic and vinegar. Blitz until smooth. Stir through the stew with the peppers, and cook for 5 mins or until slightly thickened. Season, then scatter over the parsley and serve with bread or potatoes, if you like.

GOOD TO KNOW 2 of 5-a-day
PER SERVING 537 kcals • fat 35g • saturates 12g •
carbs 17g • sugars 8g • fibre 3g • protein 30g • salt 0.7g

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This recipe by Good Food's deputy food editor Esther Clark was inspired by a recipe from José Pizarro's *Catalonia* (£25, Hardie Grant). Did you know that subscribers are invited to exclusive dining events with José and our other favourite chefs? Find out more at [bbcgoodfood.com/good-food-live-events](https://www.bbcgoodfood.com/good-food-live-events).



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Samuel Groves
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