

RACHIELE/TUCCI FAMILY RECIPE

AGNELLO CON CARCIOFINI

Stewed Lamb with Artichokes

(Makes 4 Servings)

10 medium-size to small artichokes,	½ cup chopped fresh parsley leaves
9 ounces thawed frozen artichoke hearts,	Leaves from two 5-inch sprigs fresh thyme
Or one 15-ounce can artichoke bottoms,	¾ cup dry white wine
Quartered	1 ½ cups warm chicken broth
1 tablespoon plus 1 teaspoon freshly	2 ½ teaspoons Kosher salt
squeezed lemon juice	Freshly ground black pepper
3 tablespoons olive oil	2 large egg yolks
3 cloves garlic, crushed	
2 pounds boneless leg of lamb, trimmed of	
Fat and cut into 1 1/2-inch cubes	

VARIATIONS:

5 shallots, quartered, may be browned with the meat.

1 cup quartered cremini mushroom caps may be browned with the meat.

Remove the tough outer leaves of the artichokes. Trim ¼ inch off the tops of the artichokes and discard. Cut the artichokes in half. Remove any of the fine choke from the center and discard. Slice each half lengthwise into 1/4-inch-thick slices. Place in a bowl of cold water mixed with 1 tablespoon of the lemon juice. Set aside.

Warm the olive oil in a large flameproof casserole set over medium-high heat. Add the garlic and cook until lightly browned, about 2 minutes. Remove and discard the garlic. Adjust the heat to high and add the lamb. Cook until browned on all sides, about 5 minutes. Stir in ¼ cup of the parsley and all of the thyme. Add the wine and allow it to evaporate, about 2 minutes. Remove the artichokes from the water, pat dry, and stir into the stew. Cover and cook to soften slightly, about 3 minutes. Pour in the warm broth and cover. Reduce the heat to medium-low and simmer until the lamb is tender, about 1 hour. Season with salt and pepper to taste.