



Slow Provencal Lamb

Recipe courtesy Laura Calder

Total Time: **7 hr 5 min**

Prep: 35 min | Inactive Prep: 3 hr 15 min | Cook: 3 hr 15 min

Level: **Intermediate**

Yield: **6 servings**

INGREDIENTS

1 lamb shoulder (about 4 1/2 pounds/2 kg), cut into large chunks	3 bay leaves
Kosher salt and freshly ground black pepper	2 branches fresh rosemary
3 tablespoons olive oil	1 bouquet fresh thyme
3 onions, peeled and sliced	1 head garlic, broken into peeled cloves
6 plum tomatoes	1 pound/450 g eggplant, cut into chunks
About 1 1/2 cups/375 ml red or white wine	1 pound/450 g red peppers, seeded, cut into strips
1 cup/250 ml veal stock	1 pound/450 g zucchini, cut into chunks

DIRECTIONS

Heat the oven to 300 degrees F\150 degrees C.

Sprinkle the lamb generously with salt and pepper. Heat a spoonful or two of the oil in a [cocotte \(Dutch oven\)](#) and brown the meat well on both sides, about 15 minutes per side. Remove the meat.

Add another spoonful of the oil and cook the [onions](#) until soft, 5 to 7 minutes. While the onions are browning, [peel](#), quarter and [seed](#) the tomatoes over a [sieve](#) set over a bowl to catch the juices. Reserve the tomatoes for later. Pour the juice into a 2 cup/500 ml measuring cup and add enough wine to fill. [Deglaze](#) the onions with the veal [stock](#), stirring up the good bits from the bottom. Then add the [wine](#) and tomato juice mixture. Add the [bay leaves](#), [rosemary](#), [thyme](#) and garlic. Wet a piece of parchment paper and lay it over the meat, cover and bake 1 hour 30 minutes.

While the lamb cooks, salt the eggplant and set in a [colander](#) to [drain](#), about 30 minutes. Rinse and pat dry. Meanwhile, [roast](#) the red peppers. Once the lamb has cooked 1 hour 30 minutes, add the [eggplant](#), tomatoes and peppers, cover and cook for another 1 hour.

Increase the heat to 400 degrees F/200 degrees C. Remove the lid and the parchment, add the zucchini and cook a further 45 minutes uncovered.

For serving: Remove from the oven. Remove the [herbs](#). Spoon the [lamb](#) onto plates, with the [sauce](#) spooned over.

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