

LAMB STEW
with white beans

PREPARATION , Soak the white beans for at least 6 hours – preferably overnight. Cut the lamb into larger cubes. Peel, halve and slice the onions. Drain the soaked white beans in a sieve.

Heat the butter in a large pot and fry the bacon in it. Add the lamb and onions to the bacon and fry until brown all over. Add the white beans and the cleaned soup vegetables – do not chop them – to the meat; season with basil, pour in the meat stock.

Cover and simmer on a low heat for 1 hour. During this time, clean the green beans, wash them, remove the skins and – if they are too long – cut them into bite-sized pieces. Add the beans and the chopped savory to the stew as well. Let everything cook for another 45 minutes.

Then remove the soup vegetables. Remove about 8 tbsp white beans from the pot and purée them together with the cream. Thicken the stew with the cream and season to taste with salt and pepper. Wash and chop the dill and sprinkle over the stew.

INGREDIENTS for 4 people . 800 g Lamb . Leg or shoulder . 500 g Beans white / dried . 750 g green Beans . fresh . 250 g Bacon . diced . 3 Onions . 1 Bu Savory . 1 Bu Soup vegetables . 3 Bu Dill . 25 g Butter . 500 g Cream . 1,4 l Meat broth . Salt . from the mill . Pepper . from the mill

