

# Lamb & Haricot Bean Stew

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Makes 4

Preparation Time: 20 mins

Cooking Time: +3 hrs

*So easy to prepare. All you need is patience and before you know it a feast awaits you.*

## Ingredients

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- ❖ 125g (4½ oz) dried haricot beans
- ❖ 60ml (4 tbsp) seasoned flour
- ❖ 1kg (2lb 4 oz) stewing lamb
- ❖ 60ml (4 tbsp) olive oil
- ❖ 2 onions, chopped
- ❖ 4 garlic cloves, crushed
- ❖ 250ml (1 cup) red wine
- ❖ 250ml (1 cup) beef [broth] stock
- ❖ few sprigs of thyme leaves
- ❖ 1 bay leaf

## Directions

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1. Put the beans in a large bowl and cover with plenty of water. Leave to soak for 8-12 hours, or overnight, then rinse the beans thoroughly and drain.
2. Preheat the oven to 180°C/350°F/gas mark 4.
3. Dust the lamb in the seasoned flour.
4. Heat half the oil in a pan and fry the onions and garlic until softened. Remove them from the pan and set aside.
5. Add the rest of the oil to the pan, heat it and then fry the lamb until browned on all sides.
6. Add the onions and garlic to the lamb, as well as the beans, red wine, beef stock, thyme and bay leaves.
7. Bring the stew to a simmer and place in the preheated oven. After 1 hour lower the heat to 150°C/300°F/gas mark 2 and braise for a further 2 hours.
8. For best results, remove the pot from the oven, let it cool down and leave in fridge to marinate further overnight. After it has been reheated, don't forget to remove the bay leaf and thyme leaves.

## Serving Suggestion

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Rice or mash, and roasted parsnips are great accompaniments.

## Notes

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- This dish freezes well.
- I used stewing lamb on the bone, it simply tastes better to me. Alternatively you can use cubed lamb shoulder.
- If you can't get hold of haricot beans, substitute them with your favourite ones instead, e.g. butter beans.

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