

NWWA 2012 Grenache-Syrah

Lamb, Fig and Olive Stew

Serves 4

Why this pairing works

Lamb is a somewhat fatty meat which stands up to the medium tannins in this Grenache-Syrah blend. The figs and olives in the stew match with the soft juiciness of the wine. The wine's herbaceous earthiness is enhanced by that of the stew.

1 pound lamb stew meat, cut in 1" cubes
2 Tablespoons olive oil
4 - 6 cloves minced garlic, set aside 2 teaspoons
1 ½ teaspoons Herbes de Provence
½ cup NWWA 2012 Grenache-Syrah
1 quart beef broth
¾ cup canned plum tomatoes, diced
½ cup dried figs, cut in quarters
½ c pitted green olives cut in half lengthwise
¼ teaspoon freshly ground black pepper

2 teaspoons garlic
¼ cup chopped fresh parsley
¼ cup preserved lemons, diced into ½" pieces

Heat a Dutch oven over medium heat. Add lamb and cook until browned. Take out and set aside. Wipe out the pan. Add oil and heat over medium-low heat. Add larger quantity of garlic and Herbes de Provence and cook, stirring constantly, until fragrant, about 30 seconds. Add wine and cook, scraping up any browned bits, until slightly reduced, 1 to 2 minutes.

Return lamb to pot. Add broth, tomatoes, figs, olives, and pepper. Return to a simmer, stirring often. Reduce heat to maintain a simmer and cook, stirring occasionally, for 30 minutes. Add white pepper and salt to taste.

Combine the remaining 2 teaspoons garlic, parsley and preserved lemon in a small bowl. Serve stew topped with parsley mixture.

-Adapted from EatingWell.com recipe