



HAYES & HAYES

O U T F I T T E R S

LAMB STEW WITH COUSCOUS

INGREDIENTS FOR LAMB:

- ★ Lamb meat (5 lbs)
- ★ Carrot (3,5 oz)
- ★ Onion (3,5 oz)
- ★ Red Pepper (7 oz)
- ★ Celery (3,5 oz)
- ★ Cream (1 cup)
- ★ Pine mushrooms (10 oz)
- ★ Mushrooms (10 oz)
- ★ Red wine (8,75 cups)
- ★ water (8,75 cups)
- ★ Salt & Pepper

INGREDIENTS FOR COUSCOUS:

- ★ Cous Cous (1 lb)
- ★ Green pepper (3,5 oz)
- ★ Red pepper (3,5 oz)
- ★ Yellow pepper (3,5 oz)
- ★ Red Onion (3,5 oz)
- ★ Butter (3,5 oz)
- ★ Thyme (1 tablespoon)
- ★ Vegetable broth (1 cup)

DIRECTIONS FOR LAMB:

1. Chop the lamb meat in small pieces, fry in a big pan with olive oil and butter. Add the red wine and the water, cook for 2 hour.
2. Saute the vegetables and add to the pan, cook for 1 more hour.
3. Add the cream

DIRECTIONS FOR COUSCOUS:

4. Saute the vegetables in butter and olive oil and the thyme.
5. Add the couscous and the broth, let it rest for 5 minutes and serve on top of the lamb stew.

Chef: Enzo Brizuela