



# Biscuit Topped Lamb and Root Vegetable Stew

Makes 4 to 6 servings

I love the one-pot feature of this soul-stirring fall or winter stew. It goes from stovetop to oven to table in the same Dutch oven. Its presentation with colorful vegetables peeping through the spaces between biscuits might just be the trick to get picky eaters to try root vegetables. - Laura Pensiero

## INGREDIENTS:

### **Lamb stew**

- 2 tablespoons olive oil
- 2 celery stalks, thinly sliced
- 2 medium carrots, peeled and sliced on the bias
- 1 medium onion, chopped
- 1 garlic clove, minced
- Salt and freshly ground black pepper
- 1 1/2 pounds boneless lamb shoulder meat, into 1-inch pieces
- ¼ cup dry white wine
- 1 small sweet potato, peeled and cut into 1-inch cubes
- 1 medium turnip, peeled and cut into ½-inch cubes
- 1 quart homemade or low-sodium canned chicken broth or water
- 2 fresh thyme sprigs
- 1 bay leaf
- 1½ teaspoon cornstarch

### **Biscuits**

- 1 cup sifted all-purpose flour
- 1 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2 tablespoons canola oil
- 1 cup low-fat buttermilk
- ½ cup grated cheddar

## INSTRUCTIONS:

Place a 9-or 10-inch Dutch oven over medium heat and add the olive oil. When the oil is hot, add the celery, carrots, onion, and garlic. Cook, stirring often, until the vegetables are softened, 8 to 10 minutes.

Season the lamb with salt and pepper. Increase the heat to medium-high, add the chicken and cook until lightly browned, about 5 to 7 minutes. Add the white wine and reduce slightly. Stir in all the remaining stew ingredients except for the cornstarch. Simmer over low heat until the lamb and vegetables are tender, 40 to 50 minutes.

While the stew simmers, prepare the biscuit top. In a large bowl, combine the flour, baking powder, baking soda, and salt and stir with a fork to blend. Add the oil and buttermilk and mix until ingredients are just incorporated. Set aside.

Preheat the oven to 375°F.

Thicken the stew by dissolving the cornstarch into ¼ cup water to form a slurry. Stir into the simmering stew and cook another 2 to 3 minutes until thickened.

Drop tablespoons of the biscuit mix over the top of the stew. Bake for 20 minutes. Remove and sprinkle with the cheddar. Return to the oven for another 5 minutes, until the cheese is melted and slightly brown.

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