



## Recipes

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# Lamb Stew with Rosemary & Caramelized Onion Crisps

Serves 8

### Ingredients:

6 lbs. Lamb Shoulder Roast  
2.5 oz. (2/3 cup) All Purpose Flour  
3 oz. (1/2 cup) Olive Oil  
16 oz. (4 1/2 cups) Chopped Fennel Bulb  
0.75 oz. (4 Tbsp.) Minced Garlic  
14 oz. (4 cups) Chopped Onions  
2 tsp. Cayenne Pepper Sauce Pepper  
2 tsp. Thyme  
48 oz. (6 cups) Low Sodium Chicken Broth  
16 oz. (4 cups) Sliced Dried Figs  
0.2 oz. (2 Tbsp.) Chopped Mint  
0.6 oz. (1/2 cup) Chopped Parsley  
2 oz. (1/2 cup) Toasted Pine Nuts  
Rosemary & Caramelized Onion Crisps (see Related Recipe)  
Salt and Pepper to taste

### Directions:

1. Sprinkle lamb with salt and pepper, then dredge in flour to coat. Heat oil in a Dutch oven pot over high heat. Brown the lamb, then add fennel, garlic and onions, continue sautéing. Lower heat to medium, add cayenne and thyme and sauté until golden brown. Add chicken broth and figs, lower heat to low and cover. Simmer for three hours or until lamb is very tender.
2. Garnish with mint, parsley and pine nuts. Serve with Rosemary & Caramelized Onion Crisps.



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## Garden Vegetable Crisps

Serves 1

### Ingredients:

2 Mission® 12" Garden Vegetable Wraps (13271)

4 Tbsp. Unsalted Butter , melted

2 Tbsp. Kosher Salt

1 tsp. Ground Cumin

### Directions:

1. Tear Mission® Garden Vegetable Wraps into large wedges, about 2" x 4" in size. Brush with butter and sprinkle with salt and cumin.

2. Bake in oven heated to 400°F for 10-12 minutes or until golden.