



Meet an Indiana Farmer



Scott and Nikki Royer

Lamb Farmers

Clinton, Indiana

www.royerfarmfresh.com

This is a “go-to” recipe for me. I go to this recipe because it is quick, easy and turns out delicious every time. I also use this recipe when cooking for novice lamb-eaters since the tomato and cinnamon flavors really complement the meat. Lamb is great to work with since it stays tender and juicy without the cook needing to hover over the grill or oven. In fact, when my sons were little toddlers with only four teeth lamb was their favorite meat because it tasted good and was so easy to chew! You can cook lamb chops like you would prepare a steak and ground lamb adds an interesting twist to tacos or chili. ~Nikki

FOOD FOR THOUGHT RECIPE TRAIL

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Family of Farmers

Sweet Autumn Lamb Stew



Ingredients

- 2 lbs. lamb stew meat
(you can cut your own stew from the shoulder, sirloin or leg)
- 2 med. onions, finely chopped
- 2 tbs. butter
- Salt and pepper to taste
- 2 cloves garlic, minced
- 1 stick cinnamon
- 1/2 c. tomato paste AND 1 15 oz. can tomato puree
- 1 1/2 c. beef broth
- 1/2 c. brown sugar
- 1/4 c. red wine vinegar

Instructions

In a large Dutch oven brown meat and onions in 2 tbs. butter over medium heat. Add salt and pepper, garlic, cinnamon stick, tomato paste, tomato puree, beef broth, brown sugar, and vinegar. Bring to boil. Cover and then simmer for 2 hr. or until meat is tender. Remove cinnamon stick. Serve over macaroni or with crusty bread.

Indiana wine pairing

2009 Blaufrankisch,
Huber Orchard, Winery & Vineyard,
Starlight, IN

