

Braised Lamb in Sour Cream

Ingredients

1/4 cup all purpose flour

1 tsp salt

1/2 tsp pepper

2 lbs lamb shoulder or leg, trimmed, cubed and cut into 1 inch pieces

1/4 tsp thyme

1/4 tsp tarragon

1/4 cup butter

1/8 tsp caraway seeds

2 tbs beef broth

2 tsp white wine

1 cup sour cream

Directions

Mix the flour, salt, pepper thyme and tarragon in a small bowl. Coat the lamb cubes in the flour mix and brown in the butter in a saute pan. In the stoneware, mix the caraway seeds, beef broth, onion, lemon juice and wine. Add the lamb. Cover and cook on LOW for 10 to 12 hours. Add the sour cream during the last 15 minutes of cooking.