

Lamb with Saffron

- 3 lbs. boneless lamb, cut into cubes
(see notes)
- 2 pinches of saffron threads (see notes)
- 1 cup lamb or chicken stock
- 8 roma tomatoes, quartered lengthwise
 - 1 tsp. fresh thyme
- 2 TBSP olive oil, divided
 - 2 cloves garlic, sliced
- 4 TBSP fresh parsley, rough chopped
 - salt and pepper

1. Toss the tomatoes with 1 TBSP olive oil, thyme and salt and roast at 400° for 1 hour.

2. Warm the stock in the microwave or stove, remove from heat and add saffron, set aside.

3. In a large skillet or dutch oven heat the remaining olive oil with the garlic. When the garlic is fragrant add the lamb cubes turning until they are browned on all sides. Add the roasted tomatoes and saffron broth, reduce heat and simmer, covered for one hour. Check occasionally and if it seems dry, add some wine or water. After one hour check the lamb, it should be fork tender. Season with salt and pepper and stir in parsley.

NOTES: For the lamb, a leg is great, your butcher will bone it for you, but if you do have the time it isn't that hard to do this yourself. Just follow the seams and open it up like a book making small cuts along the bone to separate it from the meat. The bone makes an excellent stock.

Saffron is quite expensive but a little goes a long way and you really will taste it in this dish. Stored properly, it will keep for a long time.

SERVES 6-8