

Lamb entreasado



Provincia

Palencia

Ingredients

(for 4 persons)

- 1 kg of lamb (shoulder).
- 1 onion, chopped.
- 2 cloves of garlic, minced.
- 1 fresh tomato, chopped.
- 1/4 glass of white wine.
- 1 tablespoon of minced parsley.
- 1/2 cup of olive oil.
- 1 cup of vegetable broth.
- Salt and pepper.

Preparation method

Season the lamb, heat some of the oil and fry the lamb on both sides until it browns. More or less ten minutes on each side over low heat.

In another pot heat the remaining oil and fry the onion and tomato a few minutes. Once it has fried gently, add a sauce with garlic, parsley, white wine and a little vegetable broth (or failing this, water). Add all this to the lamb and let it boil over very low heat a few minutes.