

Saffron Lamb Ragu

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1 lb ground lamb
1 small pinch of saffron (1/16th to 1/8th teaspoon)
¼ C boiling water
1 T olive oil
1 onion, finely chopped

2 cloves of garlic, grated
¼ C tomato paste
1 C red wine (or stock or water)
1 t honey
Salt & pepper to taste

In a small bowl, pour boiling water over saffron and set aside to steep for 10-15 minutes.

Add ground lamb to a large sauté pan over medium high heat. Salt & pepper to taste. Sauté until browned. Remove lamb from pan, drain all excess fat, and set lamb aside.

Add olive oil, onions, and garlic to sauté pan. Salt and pepper to taste. Sauté until the onions begin to soften. Add tomato paste and stir for 2-3 minutes. Return lamb to pan. Add red wine and honey. Stir to combine. Check for seasoning. Reduce heat to low. Cover pan and let simmer for 30 – 45 minutes, stirring occasionally.

Serve as a topping for Sardinian Parchment Bread or as a pasta topping.

Serves 4 for dinner, up to 12 for appetizers

