



Catalan recipe for this wine:
Cargolada

Saute of lamb with sweet peppers and olives

Serves 6

Preparation: 20 mn Cooking time: 55 mn



We recommend with this dish:
Côtes du Roussillon Tradition

INGREDIENTS

- 1 kg lamb's shoulder without bones and cut in pieces
- 4 red sweet peppers
- 3 garlic cloves
- 1 onion
- 1 tablespoon olive oil extra vergine
- 10 g butter
- 15 cl dry white wine
- 4 bay leaves
- 12 black olives without stones
- salt, pepper

PREPARATION AND COOKING

1. Wash sweet peppers, take out the seeds and cut to dices.
2. Peel and chop garlic and onion.
3. In a large casserole, heat the oil and melt the butter without burning it.
4. Fry meat on all sides after having removed excess fat.

5. Add onions and fry until they are transparent, pour white wine.
6. Add garlic, bay leaves, salt and pepper.
7. Cover and let gently simmer for about 30 mn. Add sweet peppers and stir. Pour a little water if necessary. Cook for another 15 minutes.
8. Add olives and check seasoning.
9. Serve with cooked wild rice.

"Bon Profit, Salut!"

-Bon appétit and Cheers !

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