

# Lamb and Barley Stew

## with Tri-Pepper Chai Tea

**TOTAL COOKING TIME:** 2 hours 30 minutes

### MEAT AND BROTH:

2 lbs lamb shoulder, cut into chunks  
4 C chicken or beef stock  
2 C brewed Tri-Pepper Chai tea

1 C pearl barley, rinsed  
2 T olive oil  
Salt and pepper to taste

### VEGETABLES:

2 lg potatoes, peeled and diced  
1-pint grape tomatoes, halved  
2 lg onions, finely chopped  
4 cloves garlic, minced

4 carrots, peeled and sliced  
2 parsnips, peeled and sliced  
1 celery root (celeriac), peeled and diced

### SEASONINGS AND HERBS:

2 bay leaves  
1 † dried thyme  
1 † dried rosemary  
1 † ground cumin

1 † ground coriander  
1/2 † smoked paprika  
Fresh parsley or cilantro, chopped (for garnish)

**BROWN THE LAMB:** Heat the olive oil in a large pot over medium-high heat. Season the lamb chunks with salt and pepper, then brown them in batches until all sides are nicely seared. Remove the lamb and set aside.

**SAUTÉ THE VEGETABLES:** In the same pot, add the onions and garlic. Sauté until the onions are translucent, about 5 minutes. Add the carrots, parsnips, turnips, and celery root, and cook for another 5 minutes.

**COMBINE INGREDIENTS:** Return the lamb to the pot. Add the brewed Tri-Pepper Chai tea, chicken or beef stock, pearl barley, grape tomatoes, potatoes, bay leaves, thyme, rosemary, cumin, coriander, and smoked paprika. Stir to combine.

**SIMMER THE STEW:** Bring the mixture to a boil, then reduce the heat to low. Cover and let it simmer for about 1.5 to 2 hours, or until the lamb is tender and the barley is cooked through. Stir occasionally and adjust seasoning with salt and pepper as needed.

**SERVE:** Remove the bay leaves before serving. Ladle the stew into bowls and garnish with fresh parsley.