

LAMB AND PAPPARDELLE

Serves 4 to 6.

By Dennis W. Viau; one of my own creations.

Lamb and Pappardelle is one of the easiest and quickest meals I make, and it's a good way to learn how to cook with lamb. I've been making this dish for years. You can use fettuccine, either made from scratch or bought dry. When I don't have noodles I make them from scratch because I always have eggs and flour. Almost any pasta will suffice. It is only a vehicle to deliver the delicious lamb and pesto to the mouth.

Ingredients:

1 pound (450g) of noodles—pappardelle, fettuccine, or other pasta. Spaghetti or linguine would be okay.
2 to 3 tablespoons extra virgin olive oil
3 to 4 cloves garlic; minced (more if you like a lot of garlic)
1 pound (450g) lean lamb; sliced very thin
½ to ¼ teaspoon ground rosemary
½ to ¾ cup (4 to 6 oz / 113 to 170g) pesto
Salt and pepper to taste
Parmesan or Romano cheese for garnish, if desired

Directions:

If using dry pasta, start cooking according to package directions. The pasta will take longer to cook than the lamb. If using fresh pasta start it cooking as soon as the lamb is done. It cooks in 1 to 2 minutes.

Heat the oil in a large skillet and add the minced garlic. Add the thinly sliced lamb and rosemary. Cook only about three minutes, until it changes color but there is still plenty of pink in the meat. Remove from the heat and add the pesto. Stir to blend.

When the pasta is cooked, drain and add it to the skillet. Stir to coat. Serve. It really is that simple.

The step-by-step photos were removed. See the video for the preparation.

