

10 June 2015



## Lamb, Mushroom & Onion Stew – Nina Timm



**Nina Timm's Lamb, Mushroom & Onion Stew**

Nina Timm's website is not known as My Easy Cooking for no reason. Her recipes are certainly easy to cook, often approached with even handedly priced ingredients, always pitched at the family supper and always packed with flavour.

Her Lamb & Mushroom Stew is no different, but it has a little twist – the pickled onions.

**serves 4**

### **Ingredients**

1 kg lamb knuckles  
125 ml small white cocktail onions – the small pickled ones  
2 bay leaves  
30 ml olive oil  
10 ml sugar  
1 liter lamb stock  
500 g mushrooms  
salt and pepper to taste  
125 ml cream

### **Method**

Heat a pot on the stove and add the olive oil. Drain the little onions from the pickling juice and add to the pot. Add the bay leaves and allow the onions to brown in the oil. Add the sugar as it will help with the caramelizing process. Add the meat and brown together with the onions. Add the stock, place the lid on the pot and cook the meat for 1 hour or until it is soft. Clean and add the mushrooms and allow to cook through. Open the lid and let the juices of your stew reduce. Taste for salt and pepper and lastly before serving add the cream and heat

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through. Serve with rice, mash or better yet with a thick slice of warm bread to suck up all the tangy, creamy juices.

Michael's wine recommendation – [CLICK HERE](#)



**Place in the Sun Cabernet Sauvignon 2013**



**Nina Timm**  
of [myeasycooking.com](http://myeasycooking.com)

**Nina Timm** has become a popular household name in South Africa and apart from her passion for cooking, her heart is with people. In 2012 she received the Blogger of the Year Award from Eat In Magazine and has not looked back since. She understands what her readers want. She and her family live an unpretentious lifestyle with love in abundance and a deep-rooted belief in God. With her warm and heartfelt nature she has become a loyal and trusted radio personality to RSG listeners, where she has a weekly show every Thursday Morning just after 9, featuring her own recipes and those of other South African Food Bloggers.

Visit Nina's website – click [here](#).

**Posted** June 9th, 2015 in [Recipes](#)

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