



*This stew-like dish is flavored with delicious sweet peas, artichoke hearts, and potatoes in a lemon sauce. Made with either lamb or veal chops, it is a hearty and easy to make dish that will satisfy all.*

## **Fricasee**

### *Ingredients*

4 potatoes, quartered  
1 onion, chopped  
4 shoulder lamb chops  
6-8 artichoke hearts  
1 cup peas  
2 tbsp oil  
1 garlic clove  
1 tbsp salt  
1 tbsp dill  
1 tsp black pepper  
4 cups stock/water  
Juice of 1 lemon

### *Instructions*

Heat the oil in a pot and add the meat and onions. Cook until meat is browned on both sides. Remove the meat and set it aside. Add the peas and potatoes to the pot and cook for 5 minutes. Add the artichoke hearts and garlic and cook for an additional 2 minutes. Season with salt and pepper.

Return the meat to the pot and add the stock and dill. Let the stock simmer until it is reduced. Once reduced, add the lemon juice.

Serves 4 to 6