

## **Barley Lamb Stew**

2 lbs lamb necks, sliced 1 inch thick  
flour  
salt and pepper  
2 tbsp. salad oil or margarine  
1 cup onions, chopped  
4 tomatoes, quartered  
2 bay leaves  
2 tbsp. pearl barley  
6 prunes, pitted (optional)  
1 clove garlic, minced  
1 tsp. paprika  
1 cup water  
2 tbsp. sour cream

A long slow cooking in the oven gives it a perfect blending of flavour. At its best when prepared with lamb necks.

Roll the lamb in flour, salt and pepper to taste. Brown in the oil or margarine over high heat. Add the onions, cover and simmer 10 minutes. Add the remaining ingredients, except the sour cream.

Bake in a 250 + F oven, 3 - 4 hours. It is important that the stew cook slowly. When ready to serve, add the cream and mix thoroughly.

**Serves 6.**