



MEAT AND ORZO OVEN-BAKED STEW

(Yiouvetsi)

Yiouvetsi is one of several recipes that takes their name from the dish actually used in cooking. The “yiouvetsi” is a large, usually round, deep clay dish. This recipe may be made in any oven-proof baking dish, but clay or earthenware is preferred, as it imparts a delicious, earthy aroma to the stew.

1/4 cup Krinos Extra Virgin Olive Oil
1 medium sized leg of lamb (4-5 pounds)
2 tablespoons lemon juice
Salt and pepper to taste
2 teaspoons Krinos Oregano
2 garlic cloves, peel and crushed
1 cup coarsely chopped onion
1 cup water
1/2 cup dry red wine
2 cups chopped peeled plum tomatoes
2 cups low fat beef or chicken stock
2 cups orzo or kritharaki
1 cup grated Krinos Kefalotiri Cheese

Preheat the oven to 450°F. Lightly oil a large, deep earthenware baking dish. Place the lamb on a roasting rack inside the dish and rub with 2 tablespoons olive oil, lemon juice, salt, pepper and oregano. Finely chop the garlic and sprinkle, together with the onions, on top and around the lamb. Place meat in oven and reduce temperature to 350°F. Roast for 1 hour.

Pour water and wine into roasting pan and continue cooking the meat, basting every 15 minutes, for another hour, or until roasted to desired doneness. Remove meat to a platter and cover with a tin-foil tent to keep it warm.

About 10 minutes before removing the lamb, bring tomatoes and chicken broth to a boil in a medium-sized saucepan. Add orzo and return to a boil. Just after removing the meat, pour the contents of the pot into the roasting pan, raise temperature to 400°F and continue cooking the orzo for another 25-30 minutes, until tender. Add water during cooking if necessary. To serve, place orzo on a large serving bowl with the meat, sliced, in the center. Sprinkle pasta with grated cheese and serve.

Yield: 8-10 servings