

# 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  
1/8 to 1/4 teaspoon ground rosemary  
1/2 to 3/4 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.

## STEP-BY-STEP

1



These are the ingredients I use to make my own pasta. There is a Pasta From Scratch recipe on my web site. It is either in the Recipe Archive, on the Basics page. I use both pasta flour and all-purpose flour, about 1/4 cup of each for each egg. Two eggs will make enough pasta to feed 4 to 6 people.

★★★★★

**2**

Combine the pasta ingredients, either in a bowl or on the counter, until you have a mixture dry enough to knead. (Add the flour a little at a time, as it is easier to add more flour as needed than it is to add more moisture later.) Knead the dough until smooth.

**3**

Here is my kneaded pasta dough. I only used about half the amount of the two flours in the first picture.

4



On the web site there is also a recipe for Four Pestos. I am making a walnut pesto here. Pine nuts are too expensive currently. Oven roasted pecans are delicious in pesto. I also like roasted almonds.

5



I don't start my pesto in the food processor. It only chops things up. You need to crush the leaves to get them to release their flavor. I put the leaves, nuts, and garlic in a sturdy plastic bag and hammer them with a mallet to crush everything well.



6



Now it goes into the food processor with the oil and any herbs I want to add. This gives it a final mix.

7



Pool a layer of olive oil on the surface to act as a moisture barrier before storing in the refrigerator. The oil will harden, but it will help keep the pesto fresh.

8



Here is only half my pasta dough rolled into thin sheets. I typically roll most flat pasta to the #5 setting on my pasta machine (with #1 being the thickest), but for pappardelle I roll it thinner, to #6.

9



Using a fluted cutter, trim the edges and then cut into strips. Pappardelle is one of the largest flat noodles in the pasta catalog. It is typically used for serving game, such as rabbit, but I like it with lamb.

10



I buy the whole leg of lamb. It is sold boneless in the warehouse store. Then I trim it and cut it into smaller pieces for storage in the freezer. Having it portioned this way makes it easier to select what I need for recipes. I almost always have lamb in my freezer. I prefer it over beef.

11



For this recipe I slice the lamb very thin. Having the meat partially frozen makes this task easier.



**12**

Heat some olive oil in a skillet and add the garlic, lamb, and rosemary. It is so thin, it cooks very quickly. Cook only until it starts to change color. Do not brown. Overcooking lamb will make it tough and chewy.

**13**

Meanwhile, cook the pappardelle. This fresh pasta cooks in only 1 to 2 minutes.

**14**

Here is my cooked lamb. As you can see, there is still plenty of pink. Remove from the heat. The hot skillet is hot enough to still cook the meat a little more. If you don't like your lamb medium-rare, cook it a little longer, but, again, avoid overcooking.

**15**

Add the pesto and give it a stir.



16



Drain the cooked pappardelle and add to the pan. Stir to coat. This is ready to serve. I think this dish goes well with oven-baked summer squash. Although there is plenty of cheese in the pesto, you can garnish with extra Parmesan or Romano cheese at the table.

## Conclusion

I know of many people who hesitate to buy lamb because they don't know how to cook it. Lamb is as easy to cook as beef. It does have a stronger flavor; therefore, you will want to include stronger flavors with it, such as garlic, rosemary, basil, etc. I think pesto's bold flavor works perfectly with lamb.