

## **Fried Lamb with Paprika and Vinegar (El Frite)**

Region: Extremadura

(Serves 4)

**Time:** About 45 minutes

### **Ingredients:**

1 ¾	Lbs	Lamb shoulder
1	Slice	Bread, stale
¼	Cup	Red wine vinegar
¼	Cup	Olive oil
1	Pinch	Cayenne pepper
6	Each	Cloves
6	Cloves	Garlic
1/3	Cup	Parsley, chopped
1	TBSP	Paprika

### **Instructions:**

1. Sprinkle the bread with vinegar. Fry it in a casserole in 3 TBS of hot oil and preserve. Season the lamb with black pepper and salt. Put the casserole over your hottest burner and add the meat in handfuls, with 3 finely chopped garlic cloves and the cayenne pepper, turning it and keeping it moving with a wooden spoon. Add more lamb as each batch is sealed, with more oil as necessary.
2. Crush 3 garlic cloves in a mortar (or electric herb or coffee mill). Add the cloves and parsley and pound or mill everything to a paste.
3. Sprinkle the lamb with paprika, stirring in the paste and 1 scant cup of water. Cook, covered, until the lamb is tender (about 30 minutes) and the liquid reduced to a few spoonfuls.
4. Finally puree the reserved bread and stir in to thicken the sauce. Check the seasoning before serving.

Source: Spanish Cooking; Pepita Aris; Chartwell Books, Inc.