

Beshbarmak

Ingredients

- 2 lbs lamb shoulder chops
- salt to taste
- 1 large onion, sliced into rings
- 8 oz pasta squares

Directions

Cut lamb chops into large chunks. Cut off some of the lamb fat and set aside.

Heat a saucepan over high heat. Add most of the lamb fat and render until you have a thin film of melted fat. Remove and discard fat chunks. Add the lamb pieces and brown on all sides. Add salt to taste. Add half the onion rings. Pour in enough water to cover the lamb by about 1 inch. Bring to a boil, reduce heat to low, cover and simmer until the lamb is cooked through and very tender, about 1 to 2 hours.

Meanwhile, render the remaining lamb fat in a small saute pan. Discard the fat chunks, bring heat to medium and add the remaining onion rings. Stir, cover, reduce heat to medium-low and cook until soft. Uncover and cook, stirring frequently, until golden brown. Set aside and keep warm.

Remove lamb from the pot, reserving the broth. Remove bones from the lamb and cut lamb into bite-size pieces. Keep lamb warm and discard bones.

Bring a pot of water to boil and add to it about 1 cup of the broth from the lamb. Add the pasta and cook until soft.

Place pasta squares on a plate. Cover with the lamb and caramelized onion rings. Serve reserved lamb-onion broth on the side. Pour it on your lamb and pasta before eating.