

Idiot's Kitchen Recipe – Moroccan Lamb Stew

Recipe from www.idiotskitchen.com – Adapted from Williams Sonoma



Ingredients:

4 Tablespoons Olive Oil, divided
2 large onions, finely chopped
4-5 large carrots, peeled and chopped into ½ inch pieces
2 ½ - 3 pounds lamb meat, cubed (from a small portion of a leg of lamb or a lamb roast)
½ cup flour
Salt & Pepper
2 ½ cups beef broth or bouillon
3 cloves of garlic, finely chopped
1 Tablespoon fresh ginger, finely chopped
1 (14 oz) can diced tomatoes, drained
1 cup chopped dried dates
¼ teaspoon saffron threads
1 teaspoon cumin
½ teaspoon red pepper flakes
Zest & Juice of 1 orange
Fresh Parsley, chopped for garnish
Couscous or Rice Pilaf for serving.

Preheat the oven to 350 degrees.

Heat 2 Tablespoons of olive oil in a large oven-proof pot or dutch oven over medium high heat. Sauté the chopped onions for about 5 minutes until they start to become tender. Add the chopped carrots and sauté for 5 minutes more until tender but not browned. Remove the vegetables from the pot and set aside.

Place ½ cup of flour in a zipper bag and season with salt and pepper. Use a paper towel to pat the cubes of lamb meat dry, then shake them in the bag to coat evenly with flour. Add a bit more (1 Tablespoon at a time) oil to the pot, and working in small batches brown the meat on both sides. You may need to add

oil with each batch of meat. When all the meat has been browned, add the meat and vegetables back to the pot.

Pour in 2 ½ cups of beef broth or bouillon and scrape up any browned bits from the bottom of the pan. Add 1 can of drained diced tomatoes, 1 cup of dried chopped dates, the chopped garlic, and chopped ginger. Season with ¼ teaspoon saffron, 1 teaspoon cumin, ½ teaspoon red pepper flakes, and the zest and juice of 1 orange.

Bring the broth to a boil, cover with a lid, and cook in a 350 degree oven for 1 ½ to 2 hours until the meat is tender and the sauce has thickened. Season with salt and pepper to taste.

Garnish the stew with fresh parsley and serve with couscous or rice.

Makes 6 servings. Great leftover and also freezes well.