



Moroccan Lamb Tagine

Serves 4-6

Ingredients:

- 1 Tbs. Moroccan spice mixture (see below)
- 2 ½ lb. boneless lamb stew meat (from the shoulder)
- 3 Tbs. golden raisins, soaked in warm water to rehydrate, drained
- 1 large red onion, grated
- ¼ tsp. cayenne pepper
- 1/8 tsp. saffron threads
- 1 3-inch stick Ceylon/Mexican soft cinnamon
- 1 Tbs. butter
- 3 Tbs. olive oil
- 8-10 canned plum tomatoes, crushed (preferably San Marzano)
- Salt and freshly ground black pepper to taste
- 2 Tbs. chopped Italian parsley
- 2 Tbs. chopped mint

Directions:

1. Trim excess fat from the lamb. Cut the lamb into 1 ½-inch chunks.
2. Heat the butter and oil in a large skillet or Dutch oven. Place the lamb, grated onion, Moroccan spice mixture, cayenne, saffron, cinnamon stick, and 1 tsp. salt in the pan. Cook uncovered, over low heat, until the aromas of the spices is released, about 10 minutes. Do not brown the meat.
3. Add a half-cup of hot water, the crushed tomatoes and raisins; gently increase the heat to bring it to a boil. Cover the pan, and reduce the heat to low; cook until the lamb is tender, about 1 ½ -2 hours. Alternatively, you can do this in the oven at 300°F.
4. Remove the cover and tilt the pot to pour all the liquid into a medium saucepan. Skim the fat off the top of the liquid; then boil it down to ¾ cup. Add the reduced sauce back to the stew. Season to taste with salt and pepper. Remove and discard the cinnamon stick. Sprinkle with the chopped parsley and mint. Serve with Spiced Bulgur and Lentil Pilaf, steamed couscous, or a rice pilaf.



Moroccan Lamb Tagine, Continued

Moroccan spice mixture

- 1 Tbs. ground ginger powder
- 1 Tbs. ground turmeric
- 1 Tbs. ground black pepper
- 2 tsp. ground Ceylon/Mexican soft cinnamon
- 1 tsp. cayenne
- 1 tsp. ground nutmeg

Combine the spices in a coffee grinder or spice grinder. Mix well. Store tightly covered.