

Moroccan Lamb Stew

Ingredients

- 3 pounds boneless lamb stew meat, from the shoulder or you can use Lamb Shanks
- 1 teaspoon ground cumin
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- Pinch saffron threads
- 1/2 teaspoon ground tumeric
- 1 orange, zested and juiced
- 1/2 bunch cilantro, stems removed
- 3 cloves garlic
- 1 teaspoon kosher salt
- 2 yellow onions, finely chopped
- 1 (14-ounce) can diced tomatoes, with juice
- 1 cup chicken or beef stock
- 1 cup pitted Kalamata olives, chopped
- 225 g can chickpeas
- 2/3 cup raisins soaked in warm water
- Zest of 2 lemons

Directions

Trim excess fat and gristle from meat and cut lamb into 1-inch cubes. Place meat in a large bowl. In a small bowl, mix the cumin, ginger, cinnamon, tumeric and saffron; sprinkle over the meat and set aside.

On a cutting board, mince together the orange zest, cilantro leaves, garlic, and salt until you have a paste. Add to the meat along with the orange juice and stir well to coat. Cover the bowl and let stand at room temperature for 2 hours, or up to overnight in the refrigerator. Sear your meat in a heavy sauce pot, browning the meat evenly in small batches.

Sauté the onions until they are soft. Add all of the seared meat into the heavy pot with the onions, and then add tomatoes, and 1 cup of Chicken or Beef stock. Bring to a simmer, reduce heat, and bake in a preheated 325 degree oven) until the meat is very tender, about 1 1/2 hours. Add olives and, Lemon Zest. Cook about 10 minutes more, and then serve. Lamb Shanks will take up to 1 1/2 of more cooking time.