



Lamb Stew with Moroccan Spice

From dulcetcuisine.com

2 lbs boneless leg of lamb, trimmed of fat & cut into bite sized pieces
3 T extra virgin olive oil
1 T butter
2-3 T Dulcet Moroccan Cooking Spice & Rub
1 Lg onion, diced
1-14.5 oz can diced tomatoes

1/3 c currants or raisins
1-15.5 oz can garbanzo beans, drained
zest of one lemon & 1 T fresh lemon juice
fresh cilantro, chopped
fresh mint, chopped

1. Combine 2 T olive oil and 2 T of the Dulcet Moroccan Cooking Spice & Rub and the prepared lamb. Place in glass dish and marinate for at least one hour.
2. Place the remaining T of olive oil and the butter in a heavy enameled dutch oven over med high heat.
3. Add the diced onion and sauté until browned.
4. Place the marinated lamb in a large frying pan over med high heat and fry until lightly browned.
5. Once the lamb is browned, add it along with its cooking liquids, the tomatoes with their juice and 1 c water to the to the onions.
6. Bring to a boil and then reduce the heat to a simmer, cover the pot and cook for 1 hour.
7. After the hour of cooking, add the currants or raisins, garbanzo beans, lemon zest & juice, cook until heated through adding the additional T of the Dulcet Moroccan Cooking Spice if desired.
8. Serve over steamed cous cous, rice or quinoa and garnish with the fresh cilantro & mint.

Serves 4

Notes: _____
