

# MORROCAN LAMB STEW

## INGREDIENTS

- 6** Oranges (use 6 medium oranges) (freshly squeezed) (makes 2 Cups orange juice)
- 1/2 C** Mint tea leaves **OR** ¼ C concentrated mint tea
- 3 lbs** Lamb stew meat (cubed lamb)
- 1 t** Kosher salt (may not need it since the lamb was kashered with salt)
- 1/2 t** Black pepper (ground)
- 1 T** Mustard
- 1 t** Cumin
- 1/2 t** Cloves (ground)
- 3 T** Healthy oil
- 1** Onion (medium) (yellow) (dice to 1/2 inch size)
- 1** Carrot (cut into 1/2 inch dice)
- 1** Celery (rib) (small) (cut into 1/2 inch dice)
- 1** Garlic (finely chopped)
- 1** Ginger (fresh)(grated)
- 1 can** Crushed tomatoes (28 oz)
- 1 C** Beef stock
- 1** Cinnamon (stick)
- 1 C** Apricots (dried) (halved)
- 1/2 C** Mint leaves (fresh) (chopped) (save some whole leaves for garnish)



## DIRECTIONS

- 1** In a 2-quart non-reactive saucepan, bring the orange juice to a simmer over medium heat
- 2** Remove from the heat & add the tea leaves & steep for 3 minutes
- 3** Strain through a fine-mesh sieve, pressing to extract as much liquid as possible & set aside
- 4** If using prepared seeped tea, warm orange juice & tea in a small saucepan
- 5** Turn off heat and set aside & season the lamb with pepper
- 6** In a flat dish, combine the mustard, cumin & cloves
- 7** Dredge the cubed lamb in the mixture
- 8** In a 7- to 8-quart heavy-duty pot, heat 2 T oil over medium-high heat
- 9** Add the lamb & cook until browned on both sides (about 3 minutes per side) set it aside
- 10** Add the remaining 1 T oil, onion, carrot, celery, garlic, ginger & any remaining spice mixture (from the dredge) to the pot
- 11** Cook, stirring often & scraping the browned bits from the bottom of the pan, until the vegetables begin to soften (about 5 minutes)
- 12** Stir in the infused orange juice, tomatoes, cinnamon stick & beef stock
- 13** Return the lamb to the pot & add the apricots, cover & adjust the heat to maintain a gentle simmer
- 14** Cook, turning the stew occasionally, until tender (1 to 1-1/2 hours)
- 15** Stir in the chopped mint & serve topped with whole mint leaves

