

PERSIAN LAMB STEW

F EASY

Last Modified: 11/10/2017

PREP: 10 Min
COOK: 3 Hrs 30 Min
STOVETOP

SOUP-STEW

MAKES 12 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
6	Pounds	Lamb Stew Meat	1" Pieces
6	Small	Yellow Onions (Small for easier Mincing)	Minced
2	Cups	Dried Apricots	Chopped
2	14 1/2 Oz	Cans Vegetable Stock (Swanson)	
2	Tbsp	Turmeric	
2	Tsp	Cumin	
2 +/-	Tsp	Crushed Red Pepper Flakes	To Taste
1	Tbsp	Ground Black Pepper	
2	Tsp	Kosher Salt	
6	Tbsp	Olive Oil	
1	6 Ounce	Can Tomato Paste (Contadina)	
1/2	Cup	Lemon Juice	
1	Pound	Basmati Rice	Steamed

GARNISHMENTS

1/2	Cup	Fresh Parsley or Thyme Leaves	Chopped
3/4	Cup	Toasted Almond Slivers	

PREPARATION

FACTOID	Even though it sounds a bit on the odd side, I enjoyed this in a small Mom 'n Pop restaurant in Tel-Aviv Israel. Simple to make, delicious and ALWAYS served over Basmati Rice. The dishes spiciness is determined by the amount of Red Pepper Flakes you decide to use. You may substitute Beef for the Lamb, it just takes longer to cook.
TOOLS	1) Dutch Oven and Lid 2) Small Mixing Bowl
PREP	DISH 1) Mince the Yellow Onions and set them aside.
1	SPICE: In a small mixing bowl, thoroughly mix the Turmeric, Cumin, Pepper Flakes & Salt.
2	STEW: In a Dutch Oven over medium high heat, add in the Olive Oil and heat until the Oil shimmers. Add in the Onions and stir-fry until the Onions begin to caramelize, about 4 minutes. Add in the Lamb and brown while stirring occasionally, about 8 minutes more. Set the Stew mixture aside and remove any excess Oil from the pan (leaving the Fond).
3	STEW: Return the Stew Mixture and sprinkle the top with the Spice Mixture, stir to combine. Add in the Vegetable Stock, and bring the mixture to a boil while scraping the bottom to loosen the Fond. Lower the heat to low and simmer while covered for 2 hours.
4	STEW: Stir in the Tomato Paste, Apricots and Lemon Juice. Simmer uncovered, stirring occasionally until the liquid reduces and gets very thick, about 1 hour.
5	RICE: Meanwhile cook the Rice according to package directions. Remove from the heat and set aside while covered until needed.
SERVE	Add 1/2 cup of Rice in a warm Soup bowl, Ladle Stew generously over the top. Sprinkle the top with Slivered Almonds and Parsley. Serve hot with crusty Bread on the side.