

LAMB TAGINE

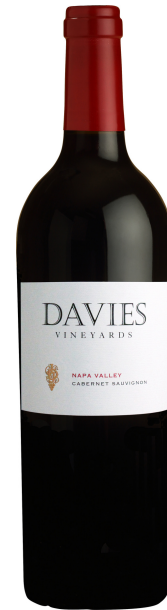
Recipe by BenevolentEmpress

PAIR WITH:

"NAPA VALLEY"
CABERNET SAUVIGNON

INGREDIENTS

3 tablespoons olive oil, divided
2 pounds lamb meat, cut into 1 1/2 inch cubes
2 teaspoons paprika
1/4 teaspoon ground turmeric
1/2 teaspoon ground cumin
1/4 teaspoon cayenne pepper
1 teaspoon ground cinnamon
1/4 teaspoon ground cloves
1/2 teaspoon ground cardamom
1 teaspoon kosher salt
1/2 teaspoon ground ginger
1 pinch saffron
3/4 teaspoon garlic powder
3/4 teaspoon ground coriander
2 medium onions, cut into 1-inch cubes
5 carrots, peeled, cut into fourths,
then sliced lengthwise into thin strips
3 cloves garlic, minced
1 tablespoon freshly grated ginger
1 lemon, zested
1 (14.5 ounce) can homemade chicken broth
1 tablespoon sun-dried tomato paste
1 tablespoon honey



PREPERATION

- Place diced lamb in a bowl, toss with 2 tablespoons of the olive oil, and set aside.
- In a large resealable bag, toss together the paprika, turmeric, cumin, cayenne, cinnamon, cloves, cardamom, salt, ginger, saffron, garlic powder, and coriander; mix well.
- Add the lamb to the bag, and toss around to coat well.
- Refrigerate at least 8 hours, preferably overnight.
- Heat 1 tablespoon of olive oil in a large, heavy bottomed pot over medium-high heat. Add 1/3 of the lamb, and brown well.
- Remove to a plate, and repeat with remaining lamb.
- Add onions and carrots to the pot and cook for 5 minutes.
- Stir in the fresh garlic and ginger; continue cooking for an additional 5 minutes.
- Return the lamb to the pot and stir in the lemon zest, chicken broth, tomato paste, and honey.
- Bring to a boil, then reduce heat to low, cover, and simmer for 1 1/2 to 2 hours, stirring occasionally, until the meat is tender.
- If the consistency of the tagine is too thin, you may thicken it with a mixture of cornstarch and water during the last 5 minutes.