



Aromatic Moroccan Lamb

A mild, yet aromatic lamb curry full of flavour – perfect for winter. Making your own spice paste is so rewarding and really easy to do. If you prefer a spicier sauce, add more curry powder or fresh chillies to the spice paste.

INGREDIENTS

Serves 4 - 6

Spice paste

50 ml fresh coriander leaves with the stalks
2 large cloves of garlic, peeled
10 ml (2 tsp) finely grated lemon rind
15 ml (1 tbsp) finely grated fresh ginger
5 ml (1 tsp) mild curry powder
15 ml (1 tbsp) ground cumin
10 ml (2 tsp) ground coriander
2,5 ml (½ tsp) turmeric
2,5 ml (½ tsp) fennel seeds (optional)

Meat

15 ml (1 tbsp) olive oil
1,5 kg stewing lamb on the bone, cubed and excess fat removed
3 medium onions, cut into wedges
4 cardamom pods, crushed
1 x 410 g tin chopped tomatoes
1 x 410 g tin chickpeas, drained (see tip)
lemon juice, salt and pepper
50 g roasted flaked almonds (see tip)
extra lemon rind, fresh coriander and mint leaves, and plain yoghurt to serve

METHOD

- 1. Spice paste:** Place all the ingredients in a pestle and mortar and mix well to form a coarse paste. If you don't have a pestle and mortar, chop all the fresh ingredients together until well blended and then stir the spices into the mixture.
- 2. Meat:** Heat an AMC 24 cm Gourmet High over a medium temperature until the Visiotherm® reaches the first red area. Add oil and the spice paste and sauté until aromatic.
- 3.** Add meat and sauté until well coated with the spices and lightly browned. Spoon out and set aside. Sauté onions and cardamom pods in the same unit for a few minutes until the onions are well coated with the spice paste.
- 4.** Stir in the tomatoes and bring to the boil. Return meat to the sauce, bring to the boil again and simmer with a lid on for 1 hour or until the meat is almost cooked.
- 5.** Stir in the chickpeas and simmer for another 20-30 minutes or until the meat is tender. Season to taste with lemon juice, salt and pepper.
- 6.** Enjoy as is or on brown basmati rice or couscous (see tip) and green veggies of your choice. Sprinkle with almonds and serve with lemon rind, fresh herbs and dollops of yoghurt.

TIPS & VARIATIONS

1. Once you have drained the chickpeas, don't discard the liquid. Freeze it and use as stock for another stew or soup.
2. Toast flaked almonds in a preheated AMC 24 cm Chef's Pan without any oil. Toss until light golden brown and toasted – take care as they burn easily.
3. If you prefer a thicker sauce, mix 15-30 ml (1-2 tbsp) cornflour with a little water to make a paste. Before serving, stir some of the warm sauce into the paste. Return to the unit and allow to simmer for a few minutes or until thickened.
4. **Couscous:** Season cooked couscous with olive oil, lemon juice and rind and chopped fresh coriander and mint.