

Fresh Canadian Lamb



Moroccan Lamb Stew (Tajine)

Serves four

Preparation time: 20 minutes

Cooking time: 1½ hours

Cost: \$\$

Ingredients

1¾ lb	Neck or shoulder of lamb, cut into small cubes after removing fat	800 g
	Salt and pepper (to taste)	
3 tbsp	Olive oil	45 ml
½ tbsp	Harissa or chili paste	7 ml
½ tsp	Cumin	2 ml
½ tsp	Cinnamon	2 ml
½ tsp	Ginger	2 ml
1	Can (28 oz / 796 ml) diced tomatoes	1
1	Onion, in quarters	1
2	Crushed garlic cloves	2
2	Carrots, cut into large chunks	2
1	Potato, cut into large chunks	1
2	Bay leaves	2
	Water (sufficient quantity)	
1	Can (19 oz / 540 ml) chick peas, drained	1

Method

Salt and pepper the lamb. In an enamel pot, heat oil to medium-high and brown a few pieces of meat at a time. Combine the meat, harissa, spices, and tomatoes, bringing the mixture to a boil, then cover and simmer for 30 minutes on low heat. Add vegetables, bay leaves, and enough water to immerse all of the ingredients. Bring to a boil again, then cover and simmer on low heat for one hour while stirring regularly, or until the meat is tender. Five minutes before the end of cooking, add the chick peas.

Sprinkle with mint and chopped coriander, and serve with couscous.

You can also add roasted merguez sausage. In this case, reduce the quantity of lamb to 1¼ lb (600 g).*

** A specialty from North Africa, merguez is a slim, short-length sausage made of the trimmings from beef and lamb. This sausage is characterized by seasonings from chili and ground peppers, and contains a low level of fat.*

\$ = \$5–\$10

\$\$\$ = \$20–\$25

\$\$ = \$10–\$20

\$\$\$\$ = \$25 and up

Per serving:

Calories: 998; Fat: 32.3 g; Protein: 81.5 g; Cholesterol: 180 mg;

Sodium: 254 mg; Carbohydrate: 97.1g; Fibre: 25.9 g