

LAMB CASABLANCA

Serves 6

2 tablespoons olive oil
1 ½ pounds lamb, cut into 2-inch cubes
sea salt
freshly ground pepper
3 medium onions, peeled, halved and thinly sliced
2 teaspoons whole cumin seeds
1 ½ cups lamb stock or chicken broth
1 tablespoon minced fresh ginger
1 teaspoon ground turmeric
1 teaspoon ground cinnamon
1 cup dates or pitted prunes
1 ½ cups couscous
½ cup slivered almonds
2 tablespoons chopped fresh mint

Heat oil in a stock pot over medium high heat. Season the lamb with salt and pepper and sauté for 3-4 minutes until thoroughly browned on all sides. Add the onions and cumin and sauté for another 1-2 minutes. Stir in broth, ginger, turmeric, cinnamon, salt and pepper. Set the dates on top. Cover with a lid and reduce heat to medium. Simmer for 40-45 minutes or until lamb is tender.

Stir in couscous. Cover again and simmer for 4 to 5 minutes until couscous is tender and most of the liquid is absorbed. Taste and adjust seasonings.

TO SERVE:

Serve on warm plates.

Top with toasted almonds. Sprinkle with chopped mint.