



Moroccan Lamb Stew

by Nima Banga

“My cooking began with my move to Australia. Sydney, with its cosmopolitan heritage exposed me to countless cuisines and amazing produce, inspired me to experiment with food while meeting a diverse set of people. This dish is inspired by a lamb tagine introduced to me by a French-Moroccan friend and is now my version of it!”

INGREDIENTS

1.3kg boned lamb shoulder cut
1 tablespoon ground cumin
1 teaspoon fennel seeds
½ teaspoon paprika
½ teaspoon black pepper
½ teaspoon ground cinnamon
salt to taste, oil as needed
1 large onion
1 teaspoon ginger garlic paste
1 400g can tomatoes
1 tablespoon grated ginger
1 large carrot, chopped
1 large potato, chopped
1 tablespoon lemon zest
1 400g can chickpeas
2-3 cups chicken broth
coriander to garnish

METHOD

1. Coat lamb with cumin, fennel seeds, paprika, black pepper, cinnamon and salt.
2. Heat two tablespoons of oil in a heavy pan and seal the lamb on a medium-high heat, turning occasionally. Set aside the lamb once it has browned.
3. Add oil to the same pan. Then add onion and sauté until translucent.
4. Add ginger garlic paste, fresh grated ginger, tomatoes. Let simmer for 5-10 minutes.
5. Add carrot, potato, lemon zest, chickpeas and chicken broth, then add the lamb back in and bring to the boil.
6. Slow cook for 1 hour in the pressure cooker.
7. Garnish with coriander to serve alongside couscous flavoured with almonds, sultanas, mint & lemon.

