

Lamb Marrakech

3 lbs lean boneless lamb
1/3 c vegetable oil
2 large onions
4 large garlic cloves
1 c raisins
1 c dry sherry or Madeira
28 oz can plum tomatoes
1 tsp crushed red pepper flakes
1 tsp tumeric
1/2 tsp each of dried tarragon, leaf thyme and salt
1/2 each of cinnamon, allspice and coriander
1/4 tsp each of ground cloves and nutmeg
2 zucchini
1/2 c chopped cashews or toasted almonds

Cut lamb into large bite-sized pieces. Heat oil in a large heavy-bottomed saucepan set over medium-high heat. Add about a quarter of the lamb pieces. Do not crowd pan. Cook, turning several times, until well browned, about 5 minutes. Remove pieces to a bowl as they are browned. Repeat with remaining lamb.

Meanwhile, slice onions into rounds, about 1/3 inch thick. Chop garlic and set aside. Place raisins in a bowl and pour sherry over top.

When all lamb pieces have browned, reduce heat to low. Add onions to fat remaining in pan, separating into rings as you add. Then, add garlic and stir frequently until onions start to soften, about 5 minutes. Pour off any excess fat.

Add entire contents of can of tomatoes to onions and garlic. Increase heat to medium. Stir, scraping bottom of pan to removed any browned bits. Return lamb and juices to saucepan. Add raisins and sherry. Sprinkle seasonings over top. Stir until well blended. When mixture starts to bubble, gently push down meat so it is submerged. Cover and reduce heat to low. Simmer, stirring often, until lamb is very tender – 1½ to 2 hours. Or transfer to large casserole and bake, tightly covered, for 1½ hours at 350 degrees.

Lamb dish can be served right away, refrigerated for up to 2 days, or frozen for 3-4 months. To reheat, place covered casserole dish in oven or microwave.

Just before serving, stir in 2 thin chopped zucchini, cut into rounds and heat through. Sprinkle with nuts.

from Pamela Melko