

moroccan lamb

3 lbs. cubed lamb

3 T. olive oil

3/4 t. salt

pinch of cayenne

pinch of crushed saffron

1 t. chopped ginger

1/3 t. cinnamon

1/2 minced onion

2 minced garlic cloves
3/4 c. black olives
1/2 lb. plumped prunes
1 T. toasted sesame seeds
2 t. honey
1 bunch chopped cilantro
1/2 sliced onion
2 sliced tart apples

2 T. butter Saute lamb in olive oil until browned. Add next 7 ingredients and water to cover. Cover and cook until tender, about 1 hour. Add next 6 ingredients and simmer, covered, about 5 minutes. Saute apple in butter until soft. Serve lamb over bulgur or couscous, garnished with apple.

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