



Lamb & Dried Apricot Stew

2 tbs. olive oil

1 1/2 lb. (750 g.) boneless lamb shoulder, trimmed and cut into 1-inch (2.5-cm.) cubes

1 large yellow onion, chopped

3 cloves garlic, minced

2 tsp. ground cumin

1/2 tsp. ground coriander

1/4 tsp. cayenne pepper

Salt and freshly ground black pepper

2 cups (16 fl. oz./500 ml.) chicken broth

1 can (14 1/2 oz./455 g.) diced tomatoes

1 can (8 3/4 oz./270 g.) chickpeas, rinsed

1/4 cup (2 oz./60 g.) dried apricots, halved

1 cinnamon stick

3 tbs. chopped flat-leaf parsley

In a large, heavy pot, warm the oil over medium-high heat. Cook the lamb in 2 batches until browned on all sides, 6-8 minutes per batch. Transfer to a bowl.

Add the onion and garlic and saute until soft, 5-7 minutes. Add the cumin, coriander and cayenne, season with 1/4 teaspoon black pepper, and cook, stirring constantly, for 2 minutes. (cont...)

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Add the broth and bring to a simmer, stirring to scrape up any browned bits on the bottom of the pot. Add the tomatoes, chickpeas, apricots, cinnamon stick and lamb and bring to a boil. Reduce the heat to low, cover partially, and simmer, stirring occasionally, until the lamb is tender and the stew thickens, about 1 1/4 hours.

Stir in the parsley, season with salt and pepper, and serve. Serves 6-8.

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