

## Lamb Tagine

3 pounds lamb shoulder	3 carrots
3 tablespoons olive oil	3 celery stalks
1½ teaspoons ground coriander	Juice of 1 orange
1½ teaspoons ground cumin	14-ounce can diced tomatoes
1 teaspoon ground cardamom	1 tablespoon tomato paste
¼ teaspoon turmeric powder	2 teaspoons pomegranate molasses or honey
1 teaspoon crushed fennel seed	2½-3 cups chicken stock
½ teaspoon cayenne	½ preserved lemon
Pinch ground cloves	⅓ cup sliced green olives
2 teaspoons minced ginger	¼ cup sliced almonds
1 large onion	Salt and pepper to taste
2 garlic cloves	

The lamb shoulder should be cut into cubes. Dry the cubes on paper towels.

Heat the olive oil in a large Dutch oven, and brown the lamb cubes in two or three batches. Remove to a bowl.

Slice the carrots and the celery, and brown them in the same oil for just a minute or so. Remove them with a slotted spoon to a separate bowl.

Combine the spices in a small bowl. Lightly toast the sliced almonds in the oven.

Chop the onion coarsely, mince the garlic and the ginger. Lower the heat in the same Dutch oven in which you browned the lamb, and cook the onion until is softened. Add the garlic, the ginger, and the spices, and cook for 2 minutes, being careful not to burn the garlic. Add the browned lamb back into the Dutch oven, and stir everything together.

Drain the diced tomatoes, add them to the stew along with the tomato paste, chicken stock, orange juice, and optional pomegranate molasses or honey. Bring to a simmer.

Cover the Dutch oven and place it in a 350° oven for one hour, stirring occasionally and checking that the liquid is not evaporating. If it is, add a bit more chicken stock or water.

After one hour add, the carrots and celery, and cook for another half hour. Remove the cover and let the stew come to room temperature. Run paper towels over the top of the stew to remove any accumulated oil.

Bring the tagine back to the simmer. Taste for seasoning. Chop the preserved lemon and add it to the tagine along with the green olives for the last few minutes of cooking. Serve the tagine over couscous or rice. Sprinkle toasted almonds over the top of each serving.