



MONTICELLO VINEYARDS
CORLEY FAMILY NAPA VALLEY

MOROCCAN SLOW COOKED LAMB

- 1 tbsp. ground cumin
- 2 tsp. ground coriander
- 1 ½ tsp. salt
- 1 tsp. fennel seed
- ½ tsp. cayenne pepper
- ½ tsp. black pepper
- 2 ½ pounds trimmed, boned lamb shoulder, cut into 1 ½ to 2 inch pieces
- 4 TBSP. olive oil, divided

- 1 large onion, finely chopped
- 1 TBSP. tomato paste
- 2 cups low fat chicken broth
- 1 15 ½ ounce can garbanzo beans, drained
- 1 cup dried apricots
- 2 large plum tomatoes, chopped
- 2 cinnamon sticks
- 1 TBSP. peeled, minced, fresh ginger
- 2 tsp. grated lemon peel
- 2 TBSP. chopped, fresh cilantro

Mix first 6 ingredients in large bowl, add lamb and toss to coat. Heat 2 TBSP. oil in heavy large skillet over medium-high heat. Working in batches, add lamb and cook until browned on all sides, turning occasionally and adding more oil to skillet between batches, about 8 min. per batch. Transfer Lamb to another large bowl after each batch. Add onion and tomato paste to drippings in skillet. Reduce heat to medium; sauté until onion is soft, about 5 minutes. Add broth, beans, apricots, tomatoes, cinnamon sticks, ginger, lemon peel and bring to boil, scraping up browned bits. Return lamb to skillet and bring to boil. Reduce heat to low, cover and simmer until lamb is just tender, about 1 hour. Uncover and simmer until sauce thickens enough to coat spoon, about 20 minutes, season with salt and pepper. Transfer all to serving dish and sprinkle with cilantro. May serve with couscous flavored with chopped mint, toasted slivered almonds and grated lemon peel.

*Enjoy with a glass of
Monticello Vineyards Jefferson Cuvee Cabernet Sauvignon*