

MROUZIA: NORTH AFRICAN LAMB STEW

Yield: 4 to 6 servings

Ingredients	Amounts
<i>Marinade</i>	
Oil blend	½ cup
Ras-al-hanout	1/3 cup
Red wine vinegar	2 Tbsp.
Salt	1 Tbsp.
Ginger, ground	2 tsp.
Anise seed, ground	2 tsp.
American Lamb leg, bone in, sliced to 2" with bone	3 lbs.
<i>Braise</i>	
Yellow onion, grated	1 lb.
Garlic clove, peeled, minced	2 oz.
Red wine or port, sweet	1 cup
Saffron threads (optional)	½ tsp.
Lamb broth	2 qts.
<i>Grapes</i>	
Red grapes	1 lb.
Honey	¼ cup
Lemon juice	¼ cup
Olive oil	2 Tbsp.
Salt	1 tsp.
Black pepper, ground	1 tsp.
<i>Squash</i>	
Butternut squash, peeled, large dice	1 ½ lb.
Moroccan spice blend	2 Tbsp.
Oil blend	2 Tbsp.
Water	2 Tbsp.
Salt	1 tsp.
<i>Almonds</i>	
Marcona almonds, blanched	4 oz.
Olive oil	2-3 Tbsp.
Sea salt	½ tsp.
Parsley, chopped	as needed

Method

1. *For the Marinade:* Combine and pour over the lamb leg, let sit overnight.

2. *For the Braise:* Sear the meat in a Dutch oven. Remove the meat and set aside. Sauté the onion in the pan with the lamb drippings; add in the garlic. When golden, add the red wine and the optional saffron. Cook the alcohol out, and add the lamb broth.
3. Return the meat to the pan and spoon the liquid over the meat. Cover and braise for 2-3 hours.
4. Remove from the oven. Turn the oven up to a broil setting, skim the fat from the top, and return the braising pot to the oven to let the sauce thicken and the lamb brown.
5. *For the Grapes:* In a 2" hotel pan, mix the grapes, honey, lemon juice, oil, salt, and pepper. Roast in the oven at 350°F, stirring gently every 10 minutes until the grapes are roasted and the liquid in the pan is thick, about half an hour.
6. *For the Squash:* Mix the diced squash with spice blend, oil, water, and salt. Roast in the oven for 15 minutes or until tender but still holds its shape.
7. *For the Almonds:* Fry the almonds in a shallow pan until golden brown. Remove from the oil and add the sea salt.
8. *To Assemble:* Mix the braised lamb and roasted grapes. Add the squash to the serving plate or platter, garnish with the almonds and chopped parsley.

Source: Courtesy of Mica Talmor, Pomella

The USDA recommends a minimum internal temperature of 145 degrees F for lamb with a 3-minute rest