



PERSIAN LAMB STEW

Taken from Tori Avery's recipe <http://toriavery.com/toris-kitchen/2011/10/persian-lamb-stew-2>

INGREDIENTS

- 1 Tbsp Turmeric
- 2 tsp Black pepper
- 1 tsp Salt (feel free to reduce this then add salt to taste at the end of cooking)
- 1 tsp Crushed red pepper flakes
- 3 Tbsp Extra-virgin olive oil
- 2 Medium onions, minced
- 3 pounds Boneless lamb stew meat, cut into chunks
- 3 Tbsp Tomato paste
- ¼ cup Fresh parsley or cilantro, chopped
- 4 cups Steamed basmati rice for serving

DIRECTIONS

1. In a small dish, mix together the turmeric, black pepper, salt, and crushed red pepper seasoning.
2. In a large pot, heat olive oil over medium high heat until hot (but not smoking).
3. Saute the onions for ~10 minutes, until soft and starting to turn golden brown.
4. Saute the stew meat, browning for a few minutes on each side. The original recipe says to do this with the onions; commenters on the original recipe suggested taking the onions out and browning the meat separately, then putting them back together.
5. Drain the fat that collected at the bottom of the pan. Put the onions back into the pan if you separated them out. Sprinkle the seasonings over the meat / onion mixture.
6. Cover the meat with 4 cups water. Bring the mixture to a slow boil, then reduce heat to medium low. Simmer on medium low for two hours.
7. Use a large shallow spoon to skim the fat from the surface as needed every half hour or so.
8. After 2 hours, add the tomato paste to the pot and stir slowly until the paste dissolves into the broth.
9. Simmer for another 20 minutes uncovered, stirring occasionally, until the meat is nice and tender and the sauce has thickened. Taste and adjust seasoning.
10. Garnish the stew with fresh parsley or cilantro. Serve lamb and sauce over freshly steamed basmati rice.