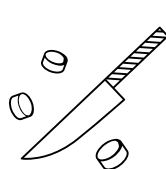


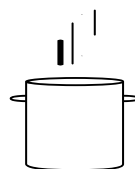


## Sticky Date Lamb Stew

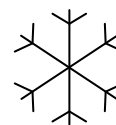
Infuse this succulent, slow-cooked stew with an enticing flavour. Serve alongside your favourite veg and rice.



30



120



6

### Ingredients

100ml sunflower oil  
2 onions, finely sliced  
2 garlic cloves, crushed  
1 cinnamon stick  
3 black cardamom pods  
1 tbsp ground coriander  
1kg stewing lamb, cut into 4-5cm chunks  
A pinch of saffron  
 $\frac{1}{3}$  tsp cayenne pepper  
1 tbsp lemon juice, plus extra wedges to serve  
A handful of fresh mint leaves, chopped  
Green chilli, finely chopped, to serve (optional)  
Pomegranate seeds, to serve (an optional pop!)

### For the stewing liquor

100g date syrup  
400ml water

### Directions

1. Take all the stewing liquor ingredients and pulse in a blender until you have a loose, jammy consistency, then set aside.
2. In a large casserole, heat the oil over a medium temperature and brown the lamb well, you'll need to do this in batches. Remove the lamb to a plate and slide the onions, garlic, cinnamon and black cardamom into the pan, cooking until the ingredients have tanned and the pot is smelling fragrant.
3. Meanwhile, mix the saffron and cayenne pepper in a small bowl with 1 tbsp of hot water and set aside.
4. Sprinkle the ground coriander into the onions and coat all the ingredients for a minute or two, then pop in the browned lamb, stirring well until the everything is wrapped in the base sauce.

1 tsp tamarind paste  
25g ginger, peeled and chopped

5. Add the saffron liquid and pour over the stewing liquor, stir well, cover and cook for an hour or two, or until the lamb is tender and falling apart. Before serving, squish in the lemon juice and stir in the mint leaves for a final flourish. Garnish with chopped green chill and pomegranate seeds and serve with lemon wedges to squeeze over.