



# Moroccan Lamb Stew

**SERVES: 4**

**PREP TIME: 20 MINUTES**

**COOK TIME: 8 HOURS**



## Ingredients

- 2 pounds (900 g) pounds well-trimmed Boneless Lamb shoulder, cut into 1 inch (2.5 cm) cubes
- 3 large garlic cloves, minced
- 2 teaspoons (10 ml) onion powder
- 2 teaspoons (10 ml) ground coriander
- 1 teaspoon (5 ml) fennel seeds
- ½ teaspoon (2.5 ml) cayenne pepper
- 1 tablespoon (15 ml) ground cumin
- 2 tablespoons (30 ml) chopped fresh mint
- 1 tablespoon (15 ml) minced peeled fresh ginger
- Zest of 1 lemon
- Juice of 1 lemon
- 1 tablespoon (15 ml) tomato paste
- 2 cups (480 ml) chicken broth
- 1 cup (160 g) dried apricots, chopped
- 1- 16 ounce (454 g) can garbanzo beans (chickpeas), drained
- 1- 14.5 ounce (411 g) can diced tomatoes
- 1 small sweet onion, diced
- 1 red bell pepper, chopped
- Salt and pepper to taste

## Preparation

1. Fill and preheat your sous vide water bath to 134F (56C).
2. Mix together all ingredients, except onion and bell pepper in a bowl along with the lamb and toss to coat.
3. In a skillet over medium heat, add onion and red pepper and cook until soft, about 10 minutes and add to the meat mixture and mix well.
4. Divide ingredients and place into two, 1 gallon (3.80) liter sous vide pouches, evacuate as much air as possible and vacuum seal.
5. Submerge pouch completely by using your sous vide universal rack in the water bath and cook for 8 hours.

**Finish:** Remove the sous vide pouch from the water batch and ladle into individual bowls. Serve with toasted flatbreads.