

## Moroccan Lamb Stew

Chef Brian O'Connor, Skillet Diner

- 2# lamb shoulder (1 1/2 inch dice)
- 3 carrots (washed but not peeled; 1 inch dice)
- 4 ribs celery (washed, dice 1 inch)
- 2 yellow onions (1 inch dice)
- 2 russet potatoes (1 1/2 inch dice)
- 1/2 cup butter
- 3/4 cup flour
- 3 quarts lamb stock
- 2 teaspoon Paprika
- 2 teaspoon Cardamon
- 1 teaspoon Coriander
- 1 teaspoon Tumeric
- 1 teaspoon Cumin
- 1 teaspoon Cayenne
- 2 lemons zested

### Preparation:

1. Roast diced lamb meat in a pot with butter until meat is brown and caramelized.
2. Remove meat and add ground spices and vegetables, cook for 8 minutes or until spices are toasted and vegetables start to caramelize.
3. Add flour and cook for 3 minutes until roux starts to brown.
4. Add lamb stock and lemon zest and cook until meat is 1/2 cooked.
5. Add potatoes and cook until potatoes and meat are fully cooked.
6. Re-season the stew and adjust acidity with a touch of lemon juice