

# Curried Lamb Stew

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*An exciting Mediterranean inspired stew perfect for cold winter nights. Simmer tender lamb with yogurt, garlic, and aromatic spices to make a hearty, spicy and delicious stew. Serve with crusty bread and garnish with cilantro for a memorable dish any night of the week!*

## Ingredients:

- 1 c. plain Greek yogurt
- 1 Tbsp minced garlic
- 2 lb cubed lamb stew meat
- 2 c. water
- 1 c. uncooked rice
- 1 Tbsp olive oil
- 1 large onion, cubed
- ½ tsp ground cloves
- ½ tsp ground ginger
- ½ tsp ground cumin
- ¾ tsp ground cayenne pepper
- 3 Tbsp curry powder
- 2/3 c. slivered almonds, toasted
- 1 c. currants
- 8 c. chicken broth

## Directions:

1. In a medium bowl, combine yogurt and garlic. Add lamb cubes until coated. Cover, and refrigerate overnight.
2. In a large saucepan bring water to a boil. Add rice, and stir. Reduce heat, cover and simmer for 20 minutes. Remove from heat and set aside.
3. Heat oil in a large skillet over medium high heat. Sauté onions until tender, approximately 5 minutes. Add marinated lamb and season with cloves, garlic, cumin, cayenne, and curry powder. Toss to combine. Add in currants and 1 c. chicken stock. Reduce heat to low and simmer for 2 hours, adding stock as necessary to keep from burning.
4. Add remaining stock, and cooked rice. Return to simmer and cook 5 minutes or until heated through.

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