



Moroccan Lamb

Ingredient	10 Portions	50 Portions	100 Portions
Tomato Sauce (As per FFT Recipe)	1ltr	5ltr	10 ltr
Diced Lamb	500g	2.5kg	5kg
Cinnamon	pinch	1 tsp	1 tbsp
Honey	40g	200g	400g
Fresh Mint	7g	35g	70g
Cumin	pinch	1 tbsp	2 tbsp
Mixed Peppers	200g	1kg	2kg
Chick peas	120g	600g	1.2kg
Paprika	pinch	1 tbsp	2 tbsp
Chilli Powder	pinch	0.5 tsp	1 tsp
Olive oil	For frying	For frying	For frying
Salt	To taste	To taste	To taste
Pepper	To taste	To taste	To taste

Key Points

Marinading the meat over night will add a depth of flavour to this dish.

This dish will benefit from a long cook so it would be a good idea to get it started as soon as possible

Method

1. In a heavy bottomed sauce pan, add enough oil for frying and heat
2. Add the diced lamb
3. Season with salt and pepper, and half of the cinnamon, cumin and chilli
4. Brown all of the lamb on a high heat
5. Add enough water to just cover the lamb
6. Cook a low heat for 3 hours or until the lamb is very tender
7. In a separate pan make the Tomato sauce as per the FFT recipe
8. Fry off the diced peppers and drained chickpeas and add to the sauce
9. Add the cooked lamb with its stock to the sauce
10. Add the honey, and the remaining spices
11. Cook for 20 minutes to allow the flavours to develop together
12. Finish with fresh mint, adjusting herbs, spices and seasoning if necessary

Allergens Celery