



## **Lamb Tangine with Prunes, Almonds, Sesame Seeds & Yogurt Sauce**

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<http://www.taginedining.com/>

Total Time: 2 hours 15 minutes

Prep Time: 15 minutes

Cook Time: 2 hours

Level: Easy

Yield: 4 to 6 servings

### **Ingredients:**

3 tbsp olive oil, divided

1 1/2 – 2 pounds lamb (suggest leg of lamb), cut into 1 1/2-inch cubes

1 large onion, sliced

1 large tomato, sliced

1 bunch cilantro, coarsely chopped

1 teaspoon sugar (optional)

1 teaspoon ground ginger

1/2 teaspoon white pepper

1/2 teaspoon paprika

1/2 teaspoon turmeric

1/2 teaspoon ground coriander seeds

1/4 teaspoon cinnamon

1 cup water

1/2 pound prunes

Sea salt to taste

3-4 cups cooked couscous

1/4 cup slivered almonds toasted, For Garnish

1 Tablespoon sesame seeds, toasted, For Garnish

**Cucumber Yogurt Sauce**, recipe follows

### **Directions:**

In a 4-6 quart heavy pot, heat 2 tablespoons olive oil over medium-high heat. Brown lamb on all sides in batches, about 4 to 6 minutes for each batch. Set aside.

Heat remaining tablespoon olive oil in the same pot. Add onion and sauté until softened, about 5 minutes.

Return lamb to pot and add tomato and cilantro.

Dissolve sugar and spices in 1 cup water. Pour water with dissolved spices over the contents of the pot.



Bring to a simmer over low heat. Stir gently with a wooden spoon. Cover tightly and continue to cook 1 to 1 1/2 hours. Add liquid during cooking if needed.

Add prunes and simmer an additional 5 minutes.

Taste and adjust seasoning.

**To Serve:**

Mound Cous Cous on a plate, making a well in the center. Spoon the lamb into the center of the Cous Cous. Sprinkle with toasted almonds and toasted sesame seeds as garnish.

Serve with Cucumber Yogurt sauce on side.

**Cucumber Yogurt Sauce**

1 medium cucumber, peeled, thinly sliced

1/2 teaspoon salt.

8 ounces of non-fat Greek-style yogurt

5 fresh mint leaves, chopped (or 1 tablespoon dried)

Pinch of paprika

In a bowl, combine the thinly sliced cucumbers and 1/2 teaspoon of salt. Let the cucumbers sit for five minutes to draw out excess water. Rinse and squeeze dry.

Combine cucumbers with yogurt, chopped mint and paprika. Mix well and chill until ready to serve.



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### \*Nutrition Analysis and Facts

Per Serving

<b>Nutrient</b>	<b>Rounded Nutritional Value</b>	<b>FDA Daily Values</b>
Calories	480	0
Total Fat	16 g	25%
Saturated Fat	3.5 g	17%
Polyunsaturated Fat	2.0 g	0 g
Monounsaturated Fat	9 g	0 g
Trans Fat	0 g	0 g
Cholesterol	75 mg	25%
Potassium	850 mg	24%
Sodium	290 mg	12%
Carbohydrate	53 g	18%
Fiber	6 g	23%
Sugar	18 g	0 g
Protein	33 g	67%
Vitamin A	1018 IU	20%
Vitamin C	7 mg	10%
Calcium	123 mg	10%
Iron	4 mg	25%
Vitamin E	3 mg	10%
Vitamin K	40 mcg	50%
Vitamin B 6	0 mg	20%
Folate	59 mcg	15%
Vitamin B 12	3 mcg	50%
Phosphorus	312 mg	30%
Zinc	5 mg	35%
Vitamin D	0 mcg	0 %

*\*via FoodCare, Inc.*