

Lamb, Apricot and Raisin Stew

A cheerful stew with a hint of sweetness coming from the dried fruit.

The addition of the dried fruit is typical of the "middle east" countries, and this dish is ascribed to **Syria**¹, although it would probably be found throughout the region.

Serves 4 with appropriate side dishes.

Ingredients

- 500 g lean lamb, trimmed of fat and sliced thinly
- 50 g **FAIRTRADE** dried apricots
- 50 g **FAIRTRADE** raisins, or **FAIRTRADE** sultanas
- 350 ml water
- 15 ml cooking oil
- 1 medium onion finely chopped
- 2.5 ml **FAIRTRADE** ground nutmeg
- 2.5 ml **FAIRTRADE** ground cinnamon
- 50 ml **FAIRTRADE** lemon juice
- to taste **FAIRTRADE** freshly ground black pepper

Add the nutmeg, cinnamon, salt and pepper.

Drain the fruit juices into the pan with the meat and add the lemon juice.

Cover the pan and simmer for 1 hour or until the meat is tender.

When ready add the fruit and a little more water if necessary.

Put the lid back on and simmer for a further 15 minutes

To serve

Serve with Peas Pilau² and Raita³.

Variation

Use a can of tinned, chopped tomatoes in place of most of the water, to add more flavour to the juices around the meat.

Method

Preparation

Cover (just) the dried fruit with water in a dish and soak for an hour or so.

Cooking

Heat the oil in a heavy pan and cook the onion until translucent / browning.

Add the lamb and stir around to prevent sticking, cook until browned.

¹<http://www.fairtradecookbook.org.uk/countries/syria.htm>

²http://www.fairtradecookbook.org.uk/recipes/peas_pilau.htm

³<http://www.fairtradecookbook.org.uk/recipes/raita.htm>