



Bachelor's Stew Marrakech with Lamb (Tangia Mrakchiya)

 Dairy Free

READY IN



240 min.

SERVINGS



6

CALORIES



170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 1 teaspoon cardamom pods whole chopped
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoon ground ginger
- ☐ 2 tablespoon coarsely ground pepper black
- ☐ 2 teaspoon ground tumeric

- ☐ 2 pound lamb leg boneless cut into 1 ½" cubes
- ☐ 2 teaspoon nutmeg grated
- ☐ 2 teaspoon paprika
- ☐ 4 cup vegetable stock

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil
- ☐ stove
- ☐ dutch oven

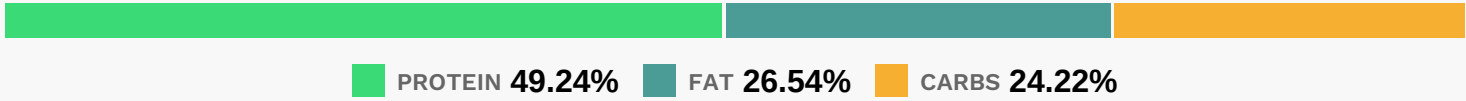
Directions

- ☐ Preheat oven to 350 degrees F. In a large sized bowl, combine
- ☐ Ginger, pepper, parika, tumeric, nutmeg, cinnamon, cumin, cardamom, flour, garlic, salt and canola oil.
- ☐ Mix this mixture well until it forms a moist mixture with the consistency of wet sand.
- ☐ Add the lamb chunks to the bowl mixing everything until the meat is well covered.
- ☐ Place the onion slivers onto the bottom of a Dutch oven, large tangine, or an enameled baking dish.
- ☐ Pour the broth into the pot. The onions act as a rack to keep the meat elevated above the liquid for much of the cooking time. Cover the pan with aluminum foil, and then put the lid on creating a very tight seal.
- ☐ Bake 2 ½ hours.
- ☐ Remove the pan from the oven and skim off any noticeable fat.
- ☐ Remove the meat and onions to a large serving platter loosely covered to keep warm while you finish the sauce. Move the pot and its liquid to the stovetop and bring it to a boil.

Lower the heat to a simmer and slowly add the butter a little at a time until it is well emulsified and the sauce thicken slightly. Just enough to coat the back of a spoon.

☐ Pour the sauce over the lamb and serve immediately with couscous.

Nutrition Facts



Properties

Glycemic Index:42.83, Glycemic Load:4.21, Inflammation Score:-10, Nutrition Score:15.111304402351%

Nutrients (% of daily need)

Calories: 170.17kcal (8.51%), Fat: 4.98g (7.66%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 10.22g (3.41%), Net Carbohydrates: 8.52g (3.1%), Sugar: 1.71g (1.9%), Cholesterol: 60.96mg (20.32%), Sodium: 688.15mg (29.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.77g (41.55%), Manganese: 1.11mg (55.66%), Vitamin B12: 2.57µg (42.86%), Selenium: 25.29µg (36.13%), Vitamin B3: 6.56mg (32.79%), Zinc: 3.9mg (25.99%), Phosphorus: 203.2mg (20.32%), Iron: 3.23mg (17.96%), Vitamin B2: 0.28mg (16.6%), Vitamin A: 679.4IU (13.59%), Vitamin B1: 0.19mg (12.37%), Potassium: 374.93mg (10.71%), Vitamin B6: 0.21mg (10.53%), Magnesium: 39.73mg (9.93%), Copper: 0.18mg (9.15%), Folate: 33.14µg (8.29%), Vitamin B5: 0.76mg (7.63%), Fiber: 1.7g (6.8%), Vitamin K: 4.05µg (3.86%), Vitamin E: 0.47mg (3.11%), Calcium: 28.95mg (2.89%)