

From: *The Gourmet Slow Cooker* by Lynn Alley

## **SLOW-COOKED LAMB STEW WITH SPINACH**

### **Ingredients**

3 T. coriander seed  
2 T. cumin seed  
¼ c. all-purpose flour  
1 t. salt  
2 pounds lamb stew meat, ~1 ½ in. cubes  
¼ c. vegetable oil  
2 yellow onions, finely chopped  
2 cloves garlic, minced (I use much more!)  
1 T. minced fresh ginger  
1 T. sweet paprika  
½ t. cayenne pepper  
1 28 oz. can crushed tomatoes  
½ c. plain yogurt  
1 c. packed spinach leaves  
Salt  
½ c. chopped cilantro, garnish  
More yogurt, garnish

- Combine the coriander and cumin in a mortar or coffee grinder and grind to a fine powder.
- Combine the flour and salt in a re-sealable bag. Add the lamb to the bag, several pieces at a time, and shake to coat completely.
- Heat a large sauté pan over medium-high heat and add the oil. In batches if necessary, add the lamb and cook, turning, for 7 to 10 minutes, until browned on all sides. Transfer to paper towels to drain.
- With pan over medium-high heat, add the onions. Sauté, stirring frequently, for 10 to 15 minutes, until browned. \*I added a deglazing step involving a generous splash of vermouth...or other dry white wine...to get up the browned bits from sautéing the lamb.\* Add the spice mixture, garlic, ginger, paprika, and cayenne and stir for 1-2 minutes. Add the tomatoes and cook for 5 minutes, scraping up any additional browned bits from the bottom of pan.
- Place lamb in the slow cooker and add the onion mixture and yogurt. Stir well. Cover and cook on low for 6-8 hours, until the meat is very tender. Just before serving, stir in the spinach and season with salt to taste. Serve with rice and garnish with cilantro and yogurt.