

LAMB STEW WITH PARSNIPS, PRUNES, AN CHICKPEAS

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3 lb. boneless leg of lamb, cut into 1-inch cubes
Kosher salt and freshly ground black pepper
2 medium carrots, cut into 3-inch pieces
1 medium yellow onion, peeled and stuck with 1 whole clove
1 three-inch cinnamon stick
1 bay leaf

2 Tbs. olive oil
1 large yellow onion, cut into small dice
Kosher salt and freshly ground black pepper
1 medium clove garlic, roughly chopped
1 Tbs. paprika
2 tsp. cumin seed, toasted and ground
2 tsp. coriander seed, toasted and ground
1/2 tsp. cayenne pepper
2 cups canned chickpeas, rinsed
12 pitted prunes, halved
1/2 cup tomato purée
1 lb. medium parsnips, peeled, cut into 2-inch pieces
1 Tbs. chopped fresh cilantro



Heat the oven to 350°F.

Season the lamb with 2 tsp. salt and 1/2 tsp. pepper. In a large Dutch oven combine the lamb, carrots, onion, cinnamon, bay leaf, and add water to cover. Bring to a gentle boil, cover and cook in the oven until the meat is very tender, about 2-1/2 hours. Strain the mixture through a fine sieve over a large bowl. Discard the vegetables and spices. Cool the lamb and broth, and refrigerate separately. Skim the fat from the broth before continuing.

Heat the olive oil over medium-high heat in a large pan. Add the diced onion, a pinch of salt, and a few grinds of black pepper and cook, stirring occasionally, until softened and lightly browned. Add the garlic, paprika, cumin, coriander, and cayenne and cook, stirring for a couple of minutes.

Stir in the chickpeas, prunes, tomato purée, and a pinch of salt. Add the reserved lamb and 4 cups of the broth and bring to a boil. Boil for 5 minutes and then turn the heat to low. Cover and simmer for 10 minutes. Add the parsnips and cook until tender, about 10 minutes. Season to taste with salt and pepper, and serve sprinkled with cilantro.