



EINAT ADMONY

THE MAIN ATTRACTION

LAMB ZABZI

INGREDIENTS

3 lbs lamb shoulder clean from most fat and cut to 1 1/2 inches
2 table spoon canola oil
Medium onion sliced
2 garlic cloves crushed
1 can of chickpeas
Or 1 cup dry black eye peas rise with cold water
1 1/4 cup cilantro roughly chopped
1 cup parsley roughly chopped
1 cup dill chopped
1/4 cup mint
5 oz (box) spinach 3 cups sliced
1 1/2 tablespoon fenugreek leaves
2 Persian line gently crushed
1 teaspoon sugar
Juice from 2 lemon 1/4 cup
1/2 teaspoon turmeric
1 teaspoon cumin
1 1/2 tablespoon salt
Plus 1/2 teaspoon salt
1/8 teaspoon Fresh ground black pepper
4 cups chicken stock or water

PREPARATION

Heat up oven to 350 degrees

With high heat on the stove heat a Dutch oven, add 2 tablespoon of oil, when oil is hot (2-3 min) sprinkle 1/2 teaspoon of salt and a pinch of black pepper on lamb and seared it all around for 4-5 minutes.

Add sliced onion and seared together with meat for 5 more minutes.

Add the garlic and the spices for another min or two and the rest of the ingredients beside the liquid, seared it for 2 min and add the liquid, boil cover with lid and place inside of the heated oven.

The lamb will be ready after 2 hours.

