

Lamb Curry Stew

This recipe is warming and nourishing to the kidney yang. It is useful for fatigue, sluggish digestion, and overall warming.

1 Tbsp. extra virgin olive oil
2 lb. boneless leg of lamb, chopped into 1.5 inch cubes
1 Tbsp. extra virgin olive oil
1 large onion, sliced
3 cloves garlic, finely chopped
1 Tbsp. freshly grated ginger
1 Tbsp. fennel seed
¼ tsp. red pepper flakes
1 medium eggplant, chopped into 1 inch cubes
2 medium potatoes, chopped into 1 inch cubes
2 tomatoes, coarsely chopped
1 tsp. turmeric
1 cinnamon stick
6 whole green cardamom pods
2 tsp. salt
3 Tbsp. chopped fresh cilantro

In a large non-stick skillet, warm the first Tbsp. of olive oil over medium-high heat. Add the lamb cubes and sauté until lightly browned. Meat will not be cooked through. Remove meat from the pan and set aside.

In the same pan, add the next Tbsp. of olive oil and reduce heat to medium. Add the onion and garlic, and sauté until the onion is becoming translucent, about 7 minutes. Add the ginger, fennel and red pepper, sauté for another 2 minutes. Add eggplant and potato, stir fry until the vegetables are well coated with the spices.

Transfer the vegetable mixture to a medium stock pot or dutch oven. Add the browned lamb and tomatoes, turmeric, cinnamon stick, cardamom, and salt. Add enough water to cover the mixture. Bring to a boil, then reduce heat and simmer uncovered for 45 minutes or until cooked through.

The meat will be cooked in about 45 minutes and may be served at this time, but this stew gets better as it cooks longer. I will often finish this stew by putting it in a crock pot and leaving it simmering for 8-12 hours. Cooked this long, the eggplant breaks down and becomes part of a rich sauce and the meat is so tender it falls apart.

To serve, ladle into serving bowls and top with fresh cilantro.

This makes 4-6 generous servings depending on your appetite.