

A LITTLE TASTE OF HERON'S KEY

This recipe is brought to you by Heron's Key's own, Chef Jason.

Mediterranean Lamb with Apricots & Pistachios

(Makes four servings)

INGREDIENTS

- Pinch of saffron threads
- 2 Tbsp almost boiling water
- 1 lb lamb leg, diced
- 1 & 1/2 Tbsp all-purpose flour
- 1 tsp ground coriander
- 1/2 tsp ground cumin
- 1/2 tsp ground allspice
- 1 Tbsp olive oil
- 1 onion, chopped
- 2-3 garlic cloves, chopped
- Scant 2 cups lamb or chicken stock
- 1 cinnamon stick, bruised
- 1/2 cup dried apricots, coarsely chopped
- 6 oz zucchini, sliced into half moons
- 4 oz cherry tomatoes
- 1 Tbsp fresh cilantro, chopped
- Salt & pepper (to taste)
- 2 Tbsp pistachios, coarsely chopped
- Couscous, to serve

DIRECTIONS

Soak saffron threads in water. Let stand for at least 10 minutes. Trim fat or gristle from lamb and cut into 1 inch chunks. Mix flour and spices together and dredge lamb in the mixture. Reserve any remaining spiced flour. Heat oil in a large heavy-bottomed pan and cook onion and garlic until softened. Add lamb and cook over high heat until browned on all sides. Sprinkle in reserved spiced flour and cook, stirring constantly, for 2 minutes, then remove from heat. Gradually stir in stock, saffron, and its soaking liquid. Return to heat and bring to a boil. Add cinnamon stick and apricots, reduce heat and simmer for about an hour. Add zucchini and tomatoes and cook for an additional 15 minutes. Discard cinnamon stick. Stir in fresh cilantro and season with salt and pepper. Serve sprinkled with pistachios, accompanied by couscous.



WINE PAIRING
Estancia Cabernet