



# Moroccan Braised Lamb

NIBBLEDISH CONTRIBUTOR

## Ingredients

1 large meaty lamb shank

1/4 cup flour seasoned with salt and pepper

2 T oil

6 dried apricots

6 dried plums

2 small turnips, quartered

4 red "B" potatoes, quartered

2 carrots, sliced

1 onion, sliced

2 cups of beef stock

1 cup of red wine

cinnamon stick

1 T of cumin seed

Zest and juice of one orange

1/4 cup mixed black and green olives

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## Instructions

Dust the shanks with the seasoned flour.

Brown in the hot oil in a Dutch Oven.

Add the rest of the ingredients (except olives) and bring to the boil, cover and place in a preheated 300 degree oven.

Braise for 2 to 2 1/2 hours.

1/2 hour before finishing, add the olives.