



Recipes

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Aromatic Braised Lamb with Dates

Serves 10

Ingredients:

- 1.75 oz. (6 Tbsp.) Olive Oil
- 1.5 tsp. Ground Cumin
- 1.5 tsp. Cinnamon
- 3/4 tsp. Ground Coriander
- 1/4 tsp. Ground Cloves
- 1.25 oz. (3 Tbsp.) Fresh, minced Ginger
- 0.75 oz. (3 Tbsp.) Minced Garlic
- 8 oz. (1 1/2 cups) Chopped Onion
- 8 oz. (1 1/2 cups) Chopped Yellow Bell Peppers
- 8 oz. (1 1/2 cups) Chopped Red Bell Peppers
- 3 lbs. Ground Lamb
- 9 oz. (1 1/2 cups) Chopped Dates
- 1 tsp. Salt

Directions:

1. In a large pan, heat oil over medium heat. Add cumin, cinnamon, coriander and cloves. Saute until aromatic, about 30 seconds. Add ginger, garlic, onions, and peppers and sauté until softened, about 4 minutes. Add the lamb and crumble while cooking throughout. Add the remaining dates and continues cooking, about 15 minutes. Season with salt.

Note: May be used as a filling for tacos and wraps.