



## Pressure Cooker Lamb Tagine

Serves 4-6

### Ingredients:

- 1 tablespoon olive oil
- 2 pounds boneless lamb stew meat, cut into 1 ½ inch cubes
- 1 large brown onion, peeled and chopped into 1-inch pieces
- 3 large cloves garlic, minced fine
- 1 cup dried apricots (I used organic non-sulphured apricots)
- 1/3 cup white raisins
- ½ cup blanched whole almonds
- ¾ tablespoon fresh gingerroot, peeled and minced
- ½ teaspoon ground cinnamon
- 1 tsp salt or to taste (I needed more at the end)
- 10 grinds of ground black pepper
- 1 cup water
- Fresh squeezed orange juice from 1 large orange
- 1/3 cup packed fresh mint leaves

### Instructions:

Heat oil in large 12-inch sauté pan over medium-high heat. Add lamb cubes and brown on all sides, about 5 minutes per batch. Transfer browned lamb to plate with slotted spoon.

Add onion and garlic to the liquid in the pan and sauté 3 minutes to soften. Place lamb, onion and garlic and the rest of the ingredients into a pressure cooker. Cover cooker, securing lid; bring to high pressure. Reduce heat to maintain high pressure\* and cook 20 minutes. Let pressure release naturally, 10 to 15 minutes.

When pressure has dropped, carefully remove the lid away from you. Test meat; it should be fork-tender. If it's not tender, replace the lid and cook under high pressure 5 minutes longer, then quick-release pressure.

### **Notes:**

Believe it or not, the almonds in this recipe stay crunchy and give the stew some texture.

I served this thick stew on top of jasmine brown rice pilaf with lots of carrots and a butter lettuce salad. Orange slices and biscotti make a nice, light dessert.

\*This could be done on top of the stove in a 4-quart pot but it will take a lot longer and most likely you will need to keep adding water so it doesn't dry out. 20 minutes in the pressure cooker, people. Come on!! Try it, you'll like it. If you live in the Seattle area come over and I'll convert you to pressure cooking.