

**MOROCCAN CHARBROILED LAMB AND FENNEL STEW
WITH SEVEN-SEED COUSCOUS
By Doug DuCap of Charleston, S.C.**

Ingredients:

1 1/2 pounds lean Lamb, cut into small (3/4") cubes	3 large cloves Garlic
1-10 ounce package Plain Couscous, approx. 1 2/3 cups (Near East brand or other quick-cooking equivalent)	1 medium bulb Fennel, fronds retained
1/4 cup Almonds, slivered or chopped	2 small Summer Squash
1/4 cup Pistachio kernels, whole	1/4 cup (lightly packed) Cilantro Leaves
12 dried apricots, cut in half	1 – 15 ounce can Garbanzo Beans
8 dried Mission Figs (stems trimmed), cut in half	1 – 15 ounce can Chopped (or Diced) Tomatoes
1/4 cup Golden Raisins	1 – 15 ounce can Chicken Broth
1 medium (or 1/2 large) Yellow Onion (large enough for about 1 cup diced)	7 tablespoons olive oil
	2 tablespoons lemon juice plus zest
	3-1/4 cups water, plus extra for rinsing beans

Materials:

Large bowl or other appropriate container (to hold hot stew while making couscous)	Metal skewers
Ice packs for perishables	Measuring cups / spoons
Strainer or colander	Knife & cutting board
Paper towels	Resealable bags
Dutch oven with lid	Can opener
Wooden spoon	Tongs
	Foil

Preparation:

Note: In addition to the Spice Mix and Seed Mix, the fruits, nuts and vegetables can be prepped and packed ahead of time in re-sealable plastic bags. The lamb can either be marinated a day in advance, or the dry ingredients can be packed in a large re-sealable plastic bag and the lamb marinated on site.

For the Grilled Lamb:

1. In a large re-sealable plastic bag, mix the dry ingredients and add the lamb, olive oil, and lemon juice. Seal and shake thoroughly to coat all pieces, letting it marinate for at least 20 minutes. Thread the marinated lamb onto skewers and grill over hot coals for a few minutes each side or until the lamb develops a nice crust and color, and is slightly charred on the high spots. The lamb does not need to be cooked through at this time. Set skewers aside.

For the Stew:

1. In a skillet or Dutch oven, toast nuts and 1 tsp cumin seeds over medium coals, stirring frequently until the seeds are fragrant and the nuts begin to color. Add the olive oil, onions, and garlic and sauté until the onions become slightly soft (about 5 - 7 minutes.)
2. Add the fennel, spices, fruits, garbanzos, tomatoes, chicken broth and water and mix thoroughly. Bring to a boil and add the skewered lamb. Cover and simmer over low coals for 30 minutes, stirring occasionally.
3. Add the squash, return cover, and simmer for 20 minutes; uncover and cook for an additional 10 minutes to thicken the sauce slightly, stirring occasionally throughout. Remove from the heat add the lemon juice and half of the cilantro. Stir gently and adjust salt, if necessary. Pour out the stew (into what?) and set aside.

For the Couscous:

1. Sauté seeds in olive oil in a skillet over medium coals until fragrant (about 1 - 3 minutes). Add water and salt, and bring to a boil. Stir in couscous, cover, and remove from heat. After 5 minutes, uncover, add lemon zest (if desired), and fluff couscous with a fork.

TO SERVE: Make a ring of couscous (either in the pot or on individual plates) and mound the stew in the center. Sprinkle the stew with the remaining cilantro and decorate the couscous with a few small fennel fronds. Serves 4 - 6

Estimated Cook Time: 2 hours

Wine Pairing Varietal: Redwood Creek Merlot