

## MINI MOROCCAN SPICED LAMB TAN GEAN



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Brent Hughes



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- Sub Category Name  
Combo  
Main Courses  
Hot Tea
- Recipe Source Name  
Real High Tea 2014/15 Volume 2

### Used Teas



Uda Watte

### Ingredients

MINI MOROCCAN SPICED LAMB TAN GEAN



## MINI MOROCCAN SPICED LAMB TAN GEAN

- 2 tbsp extra virgin olive oil
- 1kg boneless leg of lamb, netting and twine removed
- Salt, to taste
- 3 leeks, white and light green parts only, halved and thinly sliced
- 500g sliced button mushrooms
- 1 1/2 tsp ground turmeric
- 1 tsp ground coriander
- 1/2 tsp black pepper
- 1/8 tsp cayenne pepper
- 1/2 tsp ground cumin
- 1 (3-inch) cinnamon stick
- 2 cloves garlic, finely chopped
- 500g sweet potatoes, peeled and cubed (1cm)
- 1 cup gluten-free vegetable or low-sodium chicken broth
- 2 bay leaves
- 1 large eggplant, peeled and cut into 1-inch cubes
- Chopped parsley

## DILMAH UDA WATTE TEA

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- 2g Dilmah Uda Watte Tea, loose leaf
- 220ml spring water at 100°C

## Methods and Directions

## MINI MOROCCAN SPICED LAMB TAN GEAN

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- Heat oil in a large Dutch oven or a pot placed over medium-high heat.
- Season lamb with salt and add to pot.
- Cook, turning occasionally, until dark golden brown. Transfer to a large plate and set aside.
- Reduce heat to medium-low, add leeks and mushrooms and cook until softened, 6 to 8 minutes.
- Add turmeric, coriander, black pepper, cayenne, cumin, cinnamon, garlic and salt and cook until very fragrant, about 2 minutes.
- Add potatoes, broth, bay leaves and eggplant and stir well.
- Arrange lamb (with any accumulated juices) on top of the vegetables.
- Cover pot with foil and a tightly-fitting lid, reduce heat and simmer, stirring occasionally, until leeks and eggplant melt into a hearty sauce and lamb is very tender, about 2 hours.
- Remove and discard cinnamon and bay leaves, garnish with parsley and serve.

## DILMAH UDA WATTE TEA

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## DILMAH RECIPES

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- Place the tea leaves in a pot with an extra 2g of tea for the pot.
- Pour the freshly boiled water directly onto the tea leaves.
- Stir well and leave to steep for 3-5 minutes, depending on the strength of the tea you prefer.
- Stir once more and strain into a cup.

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