

MOROCCAN LAMB SOUP WITH BUTTERNUT AND CHICKPEAS

500 g lamb knuckle
500 g roughly chopped butternut
1 tin chopped tomatoes
1 tin chickpeas (drained)
1 large red onion (roughly chopped)
2 garlic cloves (finely chopped)
Juice and zest of half an orange
15 ml beef stock powder
30 g dried apricot (finely chopped)

FOR THE SPICE MIX:

5 ml ground cumin
5 ml ground cinnamon
5 ml turmeric
5 ml paprika
2.5 ml ground ginger
2.5 ml ground coriander
1.25 ml dried mint

TO SERVE:

Plain yogurt
Fresh mint and coriander
Crispy chickpeas

In a large pot on a high heat, brown the lamb on each side. The more colour on the lamb the more flavour your soup will have. Salt the lamb on both sides while frying.

Remove the browned lamb from the pot and add the onions to the lamb fat that rendered. Fry until slightly translucent.

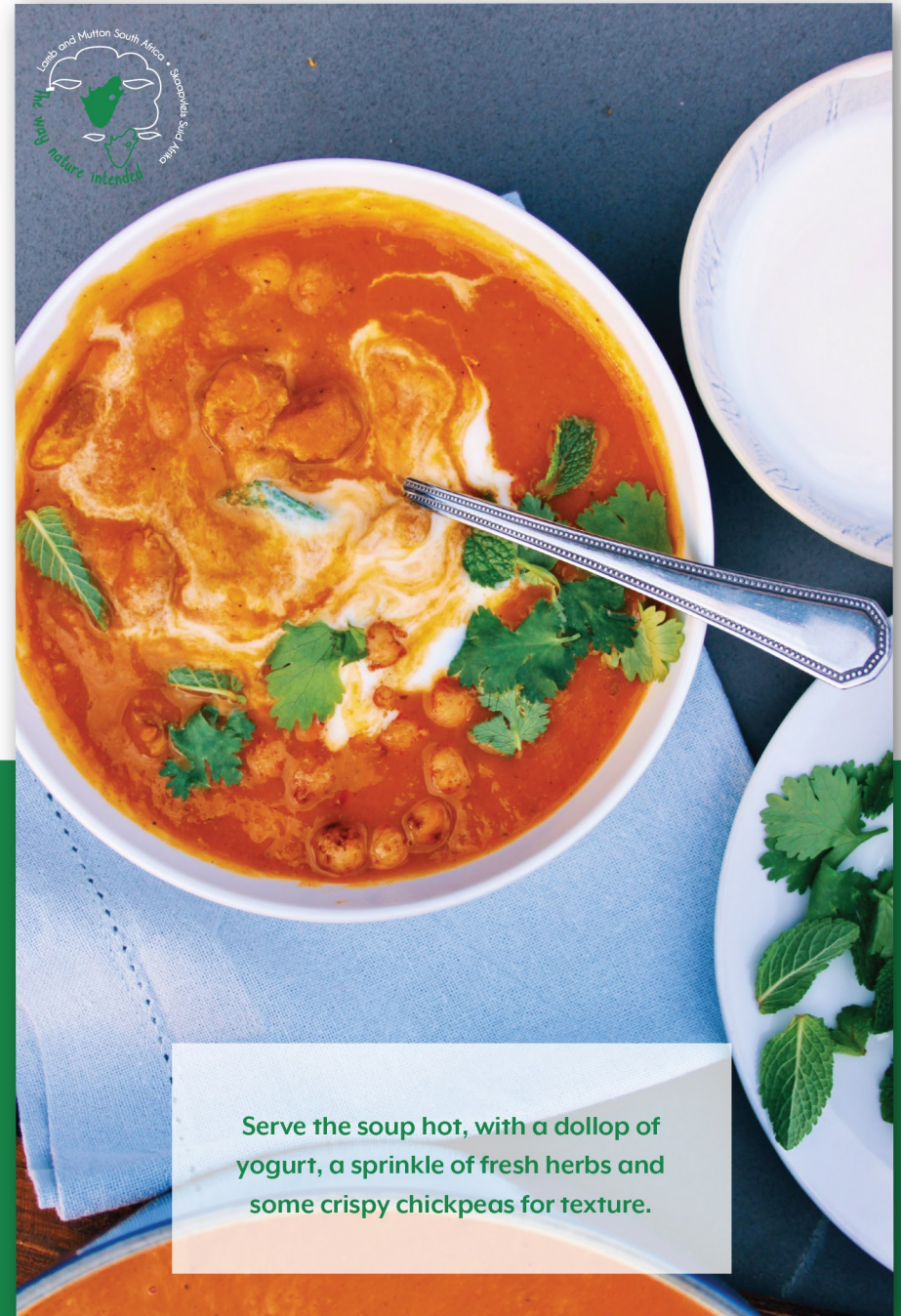
Add the spice mix, garlic, orange juice and zest and fry for 30 seconds to activate the dry spices.

Add in the butternut, tinned tomatoes, apricots and stock powder. Fill the tomato tin with water and add to the pot. Keep adding water until the ingredients are well covered. I added about 3 tins.

Reduce the heat and simmer the soup for about two hours.

Remove the lamb from the soup and set aside to cool slightly. While the lamb is cooling, use a stick blender to puree the soup. You can make it as chunky or as smooth as you desire. Taste and season the soup with salt and pepper to taste.

When the lamb has cooled enough to be able to touch it, remove the lamb from the bone and tear into small pieces. Add the shredded lamb and the chickpeas back into the soup and leave to simmer for another 15 to 30 minutes.



Serve the soup hot, with a dollop of yogurt, a sprinkle of fresh herbs and some crispy chickpeas for texture.