



Lamb Stew with Chickpeas and Butternut Squash

Enjoy this stew full of spices on a cold winter night.

Based on a recipe from The New York Times: <https://cooking.nytimes.com/recipes/4737-lamb-stew-with-chickpeas-and-butternut-squash>

Serves 4

Ingredients

- 1 teaspoon ground cumin
- ½ teaspoon ground cardamom
- ½ teaspoon ground coriander
- ¼ teaspoon turmeric
- ¼ teaspoon freshly ground pepper, plus more to taste
- Pinch of cayenne pepper
- ½ teaspoon salt, plus more to taste
- ¼ cup plus 2 tablespoons all-purpose flour*
- 1 pound lamb stewing meat, trimmed and cut into 1-inch cubes**
- 5 teaspoons olive oil***
- 1 small onion, peeled and thinly sliced****
- 2 large cloves garlic, peeled and minced****
- 3 cups chicken broth, homemade or low-sodium canned
- 1 small butternut squash, peeled, seeds and fibers scooped out, cut into 3/4-inch cubes****
- 1 19-ounce can chickpeas, drained and rinsed
- 1 tablespoon chopped fresh cilantro****

**Available from Broadfork Farm*

***Available from such vendors as ShireFolk Farm and Snyder Family Farm*

****Available from the Café @ St. Stephen's*

*****Available from such vendors as 22 Oaks Garden, Broadfork Farm, and Island Farms*

Directions

Combine the spices and salt in a bowl. In a large bowl, stir together 1/4 cup flour and 1 1/2 teaspoons of the spice mixture, add the lamb and coat well. Heat 3 teaspoons of oil in a large pot. Add lamb a few pieces at a time; don't overcrowd. Turn the pieces until lamb is browned on all sides, about 5 minutes per batch; add a teaspoon of oil as needed between batches.

Remove the lamb and set aside. Add the remaining teaspoon of oil and the onion to the pot. Cook for 2 minutes. Stir in the garlic and cook for 15 seconds. Stir in the lamb and remaining spice mixture. Stir in the chicken broth and bring to a boil, then reduce to a slow simmer. Cover and cook until the lamb is tender, about 1 hour. Stir in the squash and chickpeas and cook, covered, for 10 minutes.

Stir 3 tablespoons of the cooking liquid into 2 tablespoons of flour to make a smooth paste. Stir the paste into the stew and cook until the broth thickens and the squash is tender, about 10 minutes longer. Add salt and pepper to taste. Divide among 4 bowls, garnish with cilantro and serve.