

## LAMB AND CHICKPEA SOUPY STEW (SERVES 4-6)

- 2 tbsp olive oil
- 2 onions, peeled and chopped
- 4 garlic cloves, peeled and chopped
- 600g diced lamb shoulder
- Salt and pepper
- 2 tsp ground cumin
- 1 tsp paprika
- $\frac{1}{2}$  tsp ground cloves
- 2 bay leaves
- good squeeze of tomato puree
- 1 litre chicken stock
- 3 tins of chickpeas
- 2 tins of tomatoes
- bunch of coriander
- black olives to garnish



1. Heat the olive oil in a big saucepan, for which you have some sort of lid
2. Sweat the onions and garlic for five minutes until they are soft, then turn up the heat and chuck in the lamb. Brown it, but try not to let the mixture burn.
3. Season well, then add the cumin, paprika, cloves and bay leaves. Mix well so the spices coat the lamb.
4. Add the tomato puree, mix well, then add the stock, chickpeas and tomatoes.
5. Cook for about eight hours on low heat
6. Taste, and adjust the seasoning. Garnish with coriander and olives, and serve with bread and salad.