



Lamb Tagine with Dates and Almonds

Crock Pot, Lamb, Spanish

Prep Time: 30 min **Cook Time:** 8 hours **Difficulty:** Easy **Servings:** Serves 6 to 8

INGREDIENTS

- 3 lb. boneless lamb from leg or shoulder (or beef roast), cut into 1 1/2-inch cubes
- 1 tsp. salt, plus more, to taste
- 1 tsp. freshly ground black pepper, plus more, to taste
- 3 Tbs. olive oil
- 2 yellow onions, finely chopped
- 1 tsp. ground cinnamon
- 1 tsp. ground ginger
- 1/2 tsp. ground cumin
- 1/4 tsp. cayenne pepper
- 1/4 tsp. saffron threads, crumbled
- 1 1/2 cups chicken broth
- 1 cup slivered almonds, toasted
- 1 2/3 cups pitted dates, halved
- 2 Tbs. honey



DIRECTIONS

Put the lamb in a large bowl. Sprinkle with the 1 tsp. salt and the 1 tsp. black pepper and toss to coat evenly. In a large fry pan over medium-high heat, warm the olive oil. Working in batches if needed, cook the lamb, turning frequently, until evenly browned on all sides, about 5 minutes. Transfer to a platter.

Add the onions to the pan and sauté over medium-high heat until just starting to brown, 5 to 7 minutes. Add the cinnamon, ginger, cumin, cayenne and saffron and sauté until the spices are fragrant and evenly coat the onions, about 1 minute. Add the broth and deglaze the pan, stirring to scrape up the browned bits. Bring the liquid to a boil.

Transfer the lamb and any accumulated juices to a slow cooker. Add the broth mixture. Cover and cook according to the manufacturer's instructions until the lamb is very tender, 4 hours on high or 8 hours on low. Add the almonds and dates to the slow cooker. Drizzle with the honey and stir to combine, making sure the dates are submerged in the cooking liquid. Cover and cook until the dates have softened, about 10 minutes more.

Adjust the seasonings with salt and black pepper and serve immediately.