

Lamb in Minty Yoghurt Sauce

2 Tbs Olive Oil
1¼ lb Lamb
2 c Water
to taste Salt & Pepper
1 c Cooked Chickpeas



Yoghurt Sauce

1 Tbs Olive Oil
¼ ea Onion
1 ea Garlic Clove
1 c Water
2 Tbs Cornstarch
3 c Low-Fat Yoghurt
½ c Fresh Chopped Mint

1. Sauté lamb in olive oil until brown.
2. Add the salt, pepper and water and bring to a boil.
3. Reduce heat to a simmer and continue cooking covered for about 2 hours, until tender.
4. Meanwhile make the sauce by mincing the onion and sauté in the olive oil.
5. Mince the garlic and add to the onions continue cooking until onions are caramelized.
6. Mix the water and cornstarch together and whisk into the onion.
7. Whisk in the yoghurt and mint and gently bring to a boil while stirring until thick.
8. Add the lamb with the remaining liquid and gently return to a boil.
9. Remove from heat and serve.

I just finished my first cooking class, Lebanese, and this was such a hit I decided to share it with you. The Lebanese don't eat a lot of meat but when they do it is usually lamb and is only for special occasions. This dish is light for summer and can be done in the crock-pot all day, adding the sauce right before serving. I served it over a vermicelli basmati rice but any rice will do.

Be creative, have fun and enjoy!!!