

Available Now...

Lamb

Colorado is well-known around the world for its high quality lamb. Colorado's 410,000 sheep and lambs are valued at more than \$52 million. The state ranks fourth in the nation for sheep and lamb production.

Lamb is an excellent source of protein, Vitamin B-12, niacin, zinc and a good source of iron.



Look for Colorado lamb at your local grocery store or at restaurants across the state.

Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

Visit www.coloradoagriculture.com for a complete list of recipes.

Caribbean Lamb Stew

Chef Jason K. Morse, C.E.C., Valley Country Club, Aurora, Colo.

- 1 Tbsp. Olive Oil
- 1-1/2 Lbs. Lamb Loin, trimmed of excess fat, diced large
- 1 Red Onion, diced medium
- 1 Zucchini, diced medium
- 1 Yellow Squash, diced medium
- 1 Tbsp. Jerk Paste
- 4 Cloves Fresh Garlic, chopped
- 1 Tsp. Dried Oregano
- 1 Tsp. Dried Mint
- 1 Tsp. Ground Garam Masala
- 1/4 Tsp. Ground Allspice
- 2 Cups No Salt Chicken Broth
- 1-1/2 14oz. Can Diced Tomato, pureed
- 2 Cups Garbanzo Beans, cooked (1 cup pureed, 1 cup whole)
- 1/2 Tsp. Ground Black Pepper
- 2 Cups Cous Cous, cooked in no salt chicken broth
- 3 Tbsp. Fresh Cilantro, chopped, no stem

Heat large sauté pan, add olive oil and bring back to temperature. Add lamb meat in batches and brown, remove and repeat until all lamb is browned. Add onions and repeat the same process as above. Add the zucchini and yellow squash and repeat the same process as above. Add the jerk seasoning, garlic, and spices and sauté. Deglaze with 1/2 of chicken broth. Add back the lamb, vegetables and all spices. Add the tomato puree and puree of garbanzo beans and stir well, then add the whole garbanzo beans. Bring to a boil, reduce to a simmer and add the black pepper. Finish with 1 serving of cous cous per bowl and garnish with chopped cilantro.

Enjoy with a Colorado wine, such as a glass of Red Fox Merlot, from DeBeque Canyon Winery, located in Palisade, Colorado.

Next Month... Herbs