

REASONS TO SEASON



Moroccan Slow Cooked Lamb Stew



1. Quickly fry the lamb chunks just to brown them off.
2. Add to the slow cooker and cover the lamb with the Moroccan dry marinade. Make sure all the lamb is covered with the marinade.
3. Add cold water and mix with the marinade and lamb.
4. Cook on high for 3 hours.
5. Occasional check that the stew is not drying out. If it is just add a small amount of water and mix.
6. Instead of water you could use chopped tinned tomatoes.