

**Moroccan Lamb Stew**  
Chef Brian O'Connor, Skillet Diner

Ingredients:

- 2 pounds lamb shoulder (cut into 1 ½ inch dice)
- 3 carrots (washed but not peeled; 1 inch dice)
- 4 ribs celery (washed, 1 inch dice)
- 2 yellow onions (1 inch dice)
- 2 russet potatoes (1 1/2 inch dice)
- 1/2 cup butter
- 3/4 cup flour
- 3 quarts lamb stock
- 2 teaspoon Paprika
- 2 teaspoon Cardamon
- 1 teaspoon Coriander
- 1 teaspoon Tumeric
- 1 teaspoon Cumin
- 1 teaspoon Cayenne
- 2 lemons zested