

## Adventures in Slow Cooking

### Lamb Saagwala

(serves 6-8)

#### Ingredients:

1/3 cup canola or olive oil  
2 large yellow onions, chopped  
3-4 cloves of garlic, peeled and smashed  
2" ginger, peeled and grated or chopped  
2 tsp cumin, ground or seeds  
1 tsp coriander, ground or seeds  
1 1/2 tsp cayenne pepper  
1 1/2 tsp ground turmeric  
1 1/2 tsp garam masala  
Pinch of cinnamon  
2 cups chicken broth, beef, or vegetable broth  
2 cups diced tomatoes, drained  
3 pounds boneless lamb shoulder, cut into 1-inch cubes  
2 tsp. salt  
6-8 cups baby spinach, rough chopped  
1 1/2 cups plain whole yogurt

#### Method:

Heat oil in a large frying pan over medium-high heat. Add onions and garlic, and sauté until golden, about 5 minutes.

Stir in ginger, cumin, cayenne, coriander, garam masala, cinnamon, and turmeric. Heat and stir until fragrant, about 30 seconds.

Pour in broth and deglaze the pan, stirring to scrape up the browned bits on the bottom. Add tomatoes. Bring mixture to a boil and remove pan from heat.

Put lamb in a slow cooker, and sprinkle with salt. Add contents of frying pan. Cover and cook on high-heat setting for 4 hours or low-heat setting for 8 hours.

With 15 minutes to cook, add spinach to pot and cook, stirring occasionally, until spinach is wilted. 5 minutes before serving, stir in yogurt. Season to taste with salt.

Serve over basmati rice.