KIKKOMAN

Braised lamb with dried fruits

Total time **80 mins** **20 mins** preparation time **60 mins** cooking time

Nutritional facts (per portion):
2,850 kJ / 680 kcal

Fat: **38 g** Protein: **42 g**
Carbohydrates: **38 g**

INGREDIENTS

2 portion(s)

4 tbsp	Kikkoman Naturally Brewed Soy Sauce
1	garlic clove, finely chopped
1 tsp	freshly ground pepper
1 tsp	ground ginger
1 tsp	ground cumin
1.5 tsp	ground turmeric
1 tsp	wine vinegar
1 tsp	honey
500 g	boneless lamb leg or shoulder
2 tbsp	olive oil
1	onion
1 tsp	coriander seeds
250 ml	vegetable stock
50 g	dried apricots
30 g	raisins
30 g	dried prunes
20 g	dried dates
2	sprigs rosemary

PREPARATION

Step 1

2 tbsp Kikkoman Naturally Brewed Soy Sauce - **1** garlic clove, finely chopped - **1 tsp** freshly ground pepper - **0.5 tsp** ground ginger - **0.5 tsp** ground cumin - **1 tsp** ground turmeric - **1 tsp** wine vinegar - **1 tsp** honey - **500 g** boneless lamb leg or shoulder

In a bowl, combine the Kikkoman Soy Sauce, garlic, pepper, ginger, cumin, turmeric, vinegar and honey. Mix well. Rub the marinade into the meat, cover and refrigerate for a few hours or overnight.

Step 2

2 tbsp olive oil - **1** onion

Heat the olive oil in a pan and brown the marinated lamb on all sides. Remove the meat and transfer to a roasting dish. Peel and dice the onion, then sauté in the same pan for about 2 minutes.

Step 3

1 tsp coriander seeds - **0.5 tsp** ground turmeric - **0.5 tsp** ground ginger - **0.5 tsp** ground cumin - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **250 ml** vegetable stock

Grind the coriander seeds in a mortar, then mix with the turmeric, ginger and cumin. Add the spices to the pan with the onion from Step 2 and sauté for about 1 minute. Pour in the Kikkoman Soy Sauce and stock, stir, then transfer everything into the dish with the meat.

Step 4

50 g dried apricots - **30 g** raisins - **30** prunes - **20 g** dates - **2** sprigs rosemary

Add the fruits and rosemary to the roasting dish.

Cover and braise for about 1 hour in 180°C until the meat is tender. Slice the meat, and spoon over the sauce and fruits from the roasting dish.