



# ETHIOPIAN SPICED LAMB STEW



**SERVES**

8



**METHOD**

STOVETOP



**MINUTES**

45



**DIFFICULTY**

3/10

## INGREDIENTS

2 tablespoons red wine  
1 tablespoon fresh lemon juice  
1 tablespoon berbere  
1 teaspoon smoked paprika  
1 teaspoon Dijon mustard  
3½ pound leg of lamb, trimmed, boneless, cut into 1-inch cubes  
**Kosher salt**  
**Freshly ground pepper**  
1/4 cup extra-virgin olive oil  
2 red onions, halved and thinly sliced  
6 garlic cloves, minced  
2 teaspoons rosemary, finely chopped  
2 teaspoons thyme, finely chopped  
2 plum tomatoes, cut into 3/4-inch dice  
1 yellow bell pepper, cut into 1/2-inch dice  
1 large shallot, thinly sliced

In a small bowl, whisk the wine with the lemon juice, berbere, paprika and mustard.

Season the lamb with salt and pepper. In a large enameled cast-iron casserole, heat the olive oil until shimmering. Add half of the lamb to the casserole and cook over moderately high heat, turning, until browned all over, 6 to 8 minutes. Using a slotted spoon, transfer the lamb to a medium bowl. Repeat with the remaining lamb.

Add the onions, garlic, rosemary, thyme and a generous pinch each of salt and pepper to the casserole and cook over moderate heat, stirring occasionally, until the onions have softened, about 8 minutes.

Add the lamb and any accumulated juices to the casserole along with the wine mixture, tomatoes, bell pepper and shallot. Cook over moderate heat, stirring, until the tomatoes and bell pepper have softened and the lamb is just cooked through, about 10 minutes. Season with salt and pepper and serve.

Serve with Injera , naan, pita or other flatbread, or rice or couscous.

*Beef can replace the lamb here.  
Try a quick-cooking cut, such as sirloin steak.*



# CROQUE-MONSIEUR



**SERVES**

4



**METHOD**

STOVETOP/ OVEN



**MINUTES**

30



**DIFFICULTY**

1/10

## INGREDIENTS

### *Béchamel*

1/4 cup unsalted butter

1/4 cup all-purpose flour

1½ cups whole milk

2 tablespoons whole grain mustard

1/2 teaspoon nutmeg, freshly grated

**Kosher salt**

### *Assembly*

8 slices 1/2 inch-thick country-style bread

6 ounces Paris ham

3 ounces Gruyère, grated

1 teaspoon herbes de Provence

*Béchamel can be made 1 day ahead. Let cool. Press plastic wrap directly onto surface and chill.*

Melt butter in a medium saucepan over medium heat until foamy. Add flour and cook, stirring, until mixture is pale and foamy, about 3 minutes. Gradually add milk, stirring until mixture is smooth. Cook, stirring, until sauce is thick and somewhat elastic, about 4 minutes. Remove from heat and whisk in mustard and nutmeg; season with salt.

Preheat oven to 425°. Spread bread slices with béchamel, dividing evenly and extending all the way to the edges. Place 4 slices of bread, béchamel side up, on a parchment-lined baking sheet; top with ham and half of cheese. Top with remaining slices of bread, béchamel side up, then top with remaining cheese and sprinkle with herbes de Provence. Bake until cheese is brown and bubbling, 10–15 minutes.



# TUNA STEAKS

## WITH CHERMOULA



**SERVES**

**6**



**METHOD**

**GRILLING**



**MINUTES**

**30**



**DIFFICULTY**

**2/10**

### INGREDIENTS

**6** tuna steaks  
**Olive oil**

#### *Chermoula*

**1** lemon, juiced and zested  
**1** teaspoon ground cumin  
**1/2** teaspoon smoked paprika  
**1** small bunch coriander  
**1** red chilli, chopped  
**2** garlic cloves, chopped  
**Olive oil**

Put all of the chermoula ingredients in a food processor and whizz, adding enough olive oil to make a marinade.

Brush the tuna with half the marinade and leave for 15 mins.

BBQ for 1 minute a side then rest for 3 minutes. Serve with the rest of the chermoula.



# SAFFRON SHRIMP

## WITH TOMATOES AND FETA



**SERVES**  
**2-4**



**METHOD**  
**STOVETOP**



**MINUTES**  
**20**



**DIFFICULTY**  
**2/10**

### INGREDIENTS

**1/4** teaspoon saffron  
**2** tablespoons warm water  
**3** tablespoons olive oil  
**1** large shallot, chopped  
**3** garlic cloves, thinly sliced  
**1/4** cup white wine  
**1** pound medium-sized shrimp, peeled and deveined  
**1/2** teaspoon salt  
**1/2** teaspoon Aleppo pepper flakes  
**1** medium tomato, chopped  
**4** ounces feta cheese, crumbled  
**Basil leaves, for garnish**  
**Lemon wedges, for garnish**

In a small bowl, steep the saffron in the warm water for five minutes.

In a large skillet over medium-high heat, drizzle in the olive oil. Add the shallot and sauté for 2 to 3 minutes until it turns a light golden brown and softens.

Add the saffron and water and stir into the oil. Add in the garlic and continue sautéing until the garlic is a light golden color, for another 1 to 2 minutes. Add the wine and reduce for 1 to 2 minutes.

Add in the shrimp and season with salt and Aleppo pepper, stirring everything together. Add in the tomato and continue cooking until the shrimp is opaque and the tomatoes have released their juices and softened.

Taste for seasoning and remove from the heat. Add in the feta and garnish with basil leaves and lemon wedges.