

## Better-Than-Takeout Chinese Cumin Lamb

**2 SERVINGS | HANDS ON TIME: 10 | TOTAL TIME: IP 45 minutes/SC 6 hours**

Hudspeth River Ranch Lamb Stew Meat, thawed  
Farmhouse Kitchen Cumin Sauce, thawed  
Farmhouse Kitchen Sesame Tamari Vinaigrette, stirred well before use  
J & B Farm Cabbage, outer leaves and core removed, washed  
J & B Farm Broccoli, washed  
Gulf Pacific White Rice  
Olive or Canola Oil  
Salt and Pepper

**Notes:** If slow cooking, a 2-3.5 quart slow cooker is recommended. The cook time will vary depending on whether you choose cook over low or high heat, as well as the brand of slow cooker. If you prefer, you can skip the searing instructions in Step 1 and place the meat and sauce directly into the slow cooker insert.

### MORNING

**STEP 1** Place a large pan over medium-high heat. As the pan is heating, pat the lamb dry with paper towels. Cut any larger pieces of lamb in half so that all pieces are roughly the same size, about 1". Season with ½ tsp. salt and pepper. When the pan is hot, add 1 tbsp. oil and the lamb in a single layer. Brown the lamb on all sides. Turn off the heat and transfer the lamb to the slow cooker. (You may need to brown the lamb in batches depending on the size of your pan. Add the first batch to the slow cooker before searing the next batch.)

**STEP 2** Carefully pour the cumin sauce into the hot skillet to deglaze. Use a wooden spoon to scrape up the flavorful crust that has developed. Transfer the sauce from the skillet to the slow cooker and stir. Set the temperature to low and cook for 8 hours or set to high and cook for 5 hours. After slow cooking, the lamb should be tender and easily cut with a fork. Adjust heat to warm until ready to serve.

### EVENING

**STEP 3** About 30 minutes before the lamb is ready, steam the rice. Bring 1 cup of water, a pinch of salt, and 2 tsp. of oil to a boil in a medium saucepan. Once the water reaches a boil, add rice, stir once and cover. Reduce heat to low and cook for 20 minutes. After 20 minutes, remove from heat and keep covered for 10 more minutes. Fluff the rice with a fork and cover to keep warm until ready to serve.

**STEP 4** Next, prepare the vegetables. Chop Broccoli into florets, about 2" in size. Slice cabbage into thin ribbons. Toss cabbage in a bowl with Sesame Tamari Vinaigrette, salt and pepper to taste. Set aside in fridge until ready to serve.

**STEP 5** Place a saute pan over medium-heat. When the pan just begins to smoke, add 1 tbsp. oil and broccoli. Season with ¼ tsp. salt and pepper. Cook for 5-7 minutes until crisp tender. Allow the broccoli to brown and char around the edges before stirring or flipping. Add ¼ cup of the slow cooking sauce to the pan and stir to lightly coat the broccoli. Season with additional salt and pepper to taste.

**STEP 6** Serve the cumin lamb and broccoli over steamed rice. Spoon cumin sauce over top. Eat with a side of sesame tamari vinaigrette dressed cabbage salad. Enjoy!

## Better-Than-Takeout Chinese Cumin Lamb

**4 SERVINGS | HANDS ON TIME: 10 | TOTAL TIME: IP 45 minutes/SC 6 hours**

Hudspeth River Ranch Lamb Stew Meat, thawed  
Farmhouse Kitchen Cumin Sauce, thawed  
Farmhouse Kitchen Sesame Tamari Vinaigrette, stirred well before use  
J & B Farm Cabbage, outer leaves and core removed, washed  
J & B Farm Broccoli, washed  
Gulf Pacific White Rice  
Olive or Canola Oil  
Salt and Pepper

**Notes:** If slow cooking, a 2-3.5 quart slow cooker is recommended. The cook time will vary depending on whether you choose cook over low or high heat, as well as the brand of slow cooker. If you prefer, you can skip the searing instructions in Step 1 and place the meat and sauce directly into the slow cooker insert.

### MORNING

**STEP 1** Place a large pan over medium-high heat. As the pan is heating, pat the lamb dry with paper towels. Cut any larger pieces of lamb in half so that all pieces are roughly the same size, about 1". Season with 1 tsp. salt and pepper. When the pan is hot, add 2 tbsp. oil and the lamb in a single layer. Brown the lamb on all sides. Turn off the heat and transfer the lamb to the slow cooker. (You may need to brown the lamb in batches depending on the size of your pan. Add the first batch to the slow cooker before searing the next batch.)

**STEP 2** Carefully pour the cumin sauce into the hot skillet to deglaze. Use a wooden spoon to scrape up the flavorful crust that has developed. Transfer the sauce from the skillet to the slow cooker and stir. Set the temperature to low and cook for 8 hours or set to high and cook for 5 hours. After slow cooking, the lamb should be tender and easily cut with a fork. Adjust heat to warm until ready to serve.

### EVENING

**STEP 3** About 30 minutes before the lamb is ready, steam the rice. Bring 2 cup of water, a pinch of salt, and 1 tbsp. of oil to a boil in a medium saucepan. Once the water reaches a boil, add rice, stir once and cover. Reduce heat to low and cook for 20 minutes. After 20 minutes, remove from heat and keep covered for 10 more minutes. Fluff the rice with a fork and cover to keep warm until ready to serve.

**STEP 4** Next, prepare the vegetables. Chop Broccoli into florets, about 2" in size. Slice cabbage into thin ribbons. Toss cabbage in a bowl with Sesame Tamari Vinaigrette, salt and pepper to taste. Set aside in fridge until ready to serve.

**STEP 5** Place a saute pan over medium-heat. When the pan just begins to smoke, add 2 tbsp. oil and broccoli. Season with ½ tsp. salt and pepper. Cook for 5-7 minutes until crisp tender. Allow the broccoli to brown and char around the edges before stirring or flipping. Add ½ cup of the slow cooking sauce to the pan and stir to lightly coat the broccoli. Season with additional salt and pepper to taste. (**NOTE:** You may need to cook broccoli in multiple batches)

**STEP 6** Serve the cumin lamb and broccoli over steamed rice. Spoon cumin sauce over top. Eat with a side of sesame tamari vinaigrette dressed cabbage salad. Enjoy!

## **STORAGE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS**

Lamb Stew Meat - Keep frozen until 24-48 hrs before ready to use. Thaw in a bowl in the refrigerator overnight.

Cumin Sauce - If using within 3 days, store in the refrigerator. Otherwise, freeze up to 1 month and use within 36 hours of thawing. (Ingredients: chicken stock, Gray Garden green onions, onion, garlic, ginger, cumin, szechuan peppercorn, fennel seed, coriander seed, star anise, black peppercorn, tamari, dried chili)

Sesame Tamari Vinaigrette - Store in the refrigerator. Use within 5 days (Ingredients: sesame seeds, sesame oil, ginger, tahini, tamari, Young Bloods honey, canola oil)

Cabbage - Store in the crisper drawer of the refrigerator. Use within 5 days.

Broccoli - Store in the crisper drawer of the refrigerator. Use within 5 days.

White Rice - Keep in a cool, dry place in the kitchen until ready to use.

**\*\*Not made with gluten, dairy, egg, nuts, peanuts fish or shellfish containing ingredients.**

**\*\*\*Prepared in a facility that may contain gluten, dairy, egg, nuts, peanuts, fish and shellfish.**

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