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Lamb Curry with Barley

- 2 Tbsp olive oil, divided
- 1 Lb trimmed stewing lamb
- 2 Onions, finely chopped
- 4 Cloves garlic, minced
- 1 Tbsp minced ginger root
- 1 - 2 Long red or green chile peppers, seeded and diced
- 1 Tsp sweet paprika
- 1 Tsp turmeric
- 1 Tsp salt
- 1/2 Tsp cracked black peppercorns
- 1/4 Tsp cayenne pepper
- 2 Black cardamom pods, crushed
- 4 Whole cloves
- 1 Stick cinnamon, about 3 inches long
- 2 Bay leaves
- 1 Cup whole (hulled) barley, rinsed and drained
- 2 Cups reduced-sodium chicken stock or water
- 1 1/2 Cups plain yogurt
- 1/4 Cup finely chopped cilantro

Preheat oven to 325° F

- 1) In a skillet, heat 1 tbsp of the oil over medium heat for 30 seconds. Add lamb, in batches, and cook, stirring, until browned, about 4 minutes per batch. Transfer to a plate and set aside.
- 2) Add remaining 1 tbsp of oil to pan. Add onions and cook, stirring, until softened, about 3 minutes. Add garlic, ginger, chile peppers, paprika, turmeric, salt, peppercorns, cayenne, cardamom, cloves, cinnamon stick and bay leaves and cook, stirring, for 2 minutes. Add barley and toss until coated with mixture. Stir in stock and bring to a boil.
- 3) Return lamb and any accumulated juices to pan and stir well. Transfer to 13-by 9-inch baking dish and stir in yogurt. Cover with foil and bake in preheated oven until barley and lamb are tender, about 1 hour. Garnish with cilantro.



Makes 6 Servings