

Sabzi Challow (Spinach and Rice) with Lamb **A traditional Afghani New Year's Eve Dish**

¼ c. olive oil
8 lamb shanks (I couldn't find and the Price Chopper butcher suggested chops)
3 onions thinly sliced
1 ½ t. turmeric
5 cups baby spinach, stems removed (large leaves chopped)
3 c. cilantro leaves
1 c. Italian parsley, stems removed
16-18 scallions, whole, outermost layer and tough upper green removed
3-5 c. beef stock (homemade preferred)
3 T minced garlic
5 T fresh lime juice
Salt and Pepper to taste

Preheat oven to 350. Heat the oil in a large ovenproof Dutch oven and brown the lamb on all sides. Remove the lamb and set aside. Add the onions to the pot and sauté until soft and lightly browned. Stir in the turmeric. Add the spinach, cilantro, parsley and scallions. Sauté for 20 minutes stirring constantly (add more oil if needed). The aroma of the herbs should rise (very important). Add the garlic and sauté briefly. Return the lamb to the Dutch oven. Add enough beef stock to barely cover the lamb. Bring to a boil, then cover, transfer to oven and cook for 2-2 ½. hours. When the meat is tender, remove from oven. Stir in lime juice and season to taste with salt and pepper. Serve over challow.
Yield 8 servings.

Challow

Note: for Saffron rice, soak 1 t. saffron threads in ¼ c. boiling water for 5 minutes. Remove saffron and discard. Use this water in place of the final ¼ c. water in final step.

I used Goya Basmati Rice and followed the package directions substituting the saffron water. With the handle of a wooden spoon, I poked five holes through the rice, one in the center. Cooked without stirring for 2 min. Reduced heat to med. Low and covered with a lid wrapped in a kitchen towel. DO NOT REMOVE LID DURING COOKING. The bottom will be crisp.

Source: The Book Club Cook Book by Judy Gelman and Vicki Levy Krupp,