

## **Sweet Meat (Lahm Lhalou)**



### **INGREDIENTS**

1. 2 pounds lamb, boneless, cut into 3/4-inch cubes
2. 1/2 teaspoon salt
3. 2 tablespoons oil
4. 1/3 cup almonds, blanched
5. 2/3 cup sugar
6. 1 cinnamon stick, cut into a 3-inch piece
7. 1 cup water
8. 2 tablespoons orange juice
9. 1 <sup>1/2</sup> cups prunes, pitted

### **Method:**

1. Sprinkle lamb with salt. Cook lamb in medium saucepan in oil, half at a time until lightly browned. Remove lamb; set aside. Add almonds, sugar, and cinnamon stick to pan drippings. Stir well. Add water and orange juice (or orange-flavored liqueur).
2. Bring to a boil, stirring constantly. Add lamb, cover, and simmer for 1 hour, or until tender. Stir in prunes 15 minutes prior to end of cooking. Remove cinnamon stick before serving.