

Mesopotamian Lamb Stew (Modern Interpretation)

Inspired by the world's oldest known recipe - circa 1700 BCE

Ingredients:

- 2 tbsp olive oil (or rendered fat)
- 1.5 lbs lamb stew meat, cubed
- 1 large onion, chopped
- 4 cloves garlic, minced
- 2 leeks, sliced (white/light green parts only)
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp dried mint
- 0.5 tsp salt (to taste)
- Black pepper (optional)
- 4 cups beef or lamb broth (or water)
- 1 cup unfiltered wheat beer
- Optional: 2 carrots & 2 parsnips, chopped
- Fresh herbs for garnish (cilantro or parsley)

Instructions:

1. **Brown the Meat:** Heat oil in a Dutch oven over medium-high heat. Brown lamb in batches and set aside.
2. **Saute Aromatics:** Add onion, garlic, and leeks. Cook 5-7 minutes until softened.
3. **Spice it Up:** Stir in coriander, cumin, and mint. Toast spices for 1 minute.
4. **Deglaze & Simmer:** Return lamb to pot. Add beer and broth. Scrape bottom.
5. **Add Veggies (Optional):** Toss in carrots and parsnips if desired.
6. **Simmer:** Cover and simmer for 1.5-2 hours until lamb is tender.
7. **Serve & Garnish:** Ladle into bowls. Garnish with fresh herbs.

Ancient Beer Tip: Use an unfiltered wheat beer to mimic Mesopotamian brews - cloudy, bready, and yeasty!

Prep Time: 20 minutes

Cook Time: 2 hours

Serves: 4-6