

## Red Cooked Lamb with Sweet Potatoes and Dang Gui

2-3 pounds lamb shoulder for stewing, cut into 1 inch cubes  
4 sweet potatoes or yams, about 2 pounds, peeled and cut into 1.5 inch squares  
1/2 pound fresh spinach, stems trimmed leaves rinsed and drained

20g Dang Gui

### Seasonings:

6 garlic cloves, smashed lightly and sliced thinly  
8 whole scallions, ends trimmed, cut into 1 inch sections, smashed lightly  
8 slices fresh ginger, about the size of a quarter, smashed lightly  
1 tsp hot chili paste  
2 stick cinnamon  
1 tsp star anise seed

1 tsp sesame or coconut oil

### Broth:

5 cups water  
1/3 cup shoyu  
4 tbsp rice wine  
1 tbsp honey

1. Heat a dutch oven or heavy casserole, add the oil, and heat until hot. Add the seasonings and stir-fry until fragrant, about 15 seconds. Add the meat and brown. Add the broth and bring to a boil. Reduce the heat to low and add the dang gui, partially cover, and simmer for 1 hour, until the lamb is just tender (option to skim surface to remove gristle and/or fat)

2. Add the sweet potatoes and continue cooking, partially covered, for another 30 minutes, or until tender. Remove the cinnamon sticks and discard. Add the spinach leaves, carefully mixing them in but leaving some on top. Cover and cook until wilted about 1 minute. Remove from the heat, and serve the dish with steamed rice.

This recipe is an adaptation from *A Spoonful of Ginger* by Nina Simonds