

Mauritanian Stewed Lamb and Potatoes

Ingredients

- 6 onions, thinly sliced
- 1/2 cup peanut oil
- 4 lbs lamb shoulder, deboned and cut into bite-size pieces
- 1/2 cup white vinegar
- salt & pepper to taste
- ground chilies to taste
- 2 bay leaves
- 2 lbs potatoes, peeled and cubed

Directions

Bring a large saucepan or stockpot with water to a boil. Add the onions and let sit for 5 minutes. Drain well and set aside.

Put a kettle water to boil while you prepare the lamb, and keep simmering while you finish the next step.

Heat oil in a sauté pan over medium-low heat. Add the onions and sauté until soft, but not browned. Increase heat to medium-high and add the lamb. Brown on all sides. Stir in the vinegar and season with salt, pepper and ground chilies. Pour enough simmering water on the pan to cover the lamb and add bay leaves. Cover the pan, reduce heat to medium-low, and simmer for one hour. Add the cubed potatoes and cook, covered, for 15 minutes. Uncover, reduce heat to low and simmer for another 15 minutes. Taste and adjust seasoning before serving.