

# MAKE THIS RECIPE STEP-BY-STEP

## INGREDIENTS YOU'LL NEED -

1 Prairie Street Prime  
Kosher Veal Shoulder,  
cut into one-inch cubes

1 tablespoon paprika

1 tablespoon ground  
cumin

1 tablespoon ground  
cardamom

1 tablespoon ground  
cinnamon

1 tablespoon freshly  
ground black pepper

1 tablespoon Kosher salt

2 tablespoons vegan  
parve butter

1 medium white onion,  
diced

2 tablespoons tomato  
paste

4 cups water

1 whole garlic bulb, top  
removed, skins remaining

2 carrots, medium diced

1 can chickpeas, drained  
and rinsed

1 cup fresh cilantro,  
rough chopped

1

Prepare your Kosher veal shoulder by cutting slices and then dicing the meat into about one-inch size cubes. Be sure to keep the cubes the same size. Place your Kosher veal shoulder cubes in a mixing bowl.

2

In a small mixing bowl, mix together your spice blend of paprika, ground cumin, ground cardamom, ground cinnamon, black pepper, and Kosher salt. Sprinkle and mix half of this spice blend over the Kosher veal shoulder, reserve the other half of the spice blend for later use.

3

In a large saute pan over medium to high heat, add the parve butter and caramelize the diced onion. Once the onions begin to develop color, add the tomato paste and cook with the onions. Keep stirring the mixture to prevent it from burning. After a few minutes add your water and gently stir to lift the bits from the bottom of the pan. Add your Kosher veal shoulder, remaining spice blend and stir. With all ingredients combined, add in your whole garlic bulb top-side down. Cover with a tight fitting lid and cook for about 45-minutes over low heat.

4

After 45-minutes the water should have reduced somewhat and the stew should be thicker. To this add your diced carrots and chickpeas. Cover and cook for about 25 minutes.

5

Once 25 minutes have passed, remove the lid and stir. The stew should be thicker and simmering more than before. Using long handled tongs, hold the garlic bulb upside down and squeeze to release the now cooked cloves. Discard the skin of the garlic bulb. Stir in your cilantro, spinach, and lemon juice.

Serve and bon appétit!

2 cups spinach

1 lemon, juiced