

Recipe #10 Moroccan lamb tagine

Serves
4 people

Total Time
2 hours 30 minutes

Ingredients

1 tsp cayenne pepper	570ml/ 1 pint tomato juice
2 tsp ground black pepper	2 x 400g tinned chopped tomatoes
1 1/2 tbsp paprika	115g/ 4oz dried apricots, cut in half
1 1/2 tbsp ground ginger	55g dates/2oz, cut in half
1 tbsp tumeric	55g/2oz sultanas or raisins
2 tsp ground cinnamon	85g/3oz flaked almonds
1.1kg/ 2 1/2lb cubed lamb shoulder (5cm/ 2in chunks)	1 tsp saffron stamens, soaked in cold water
2 large onions grated	600ml/1 pint lamb stock
2 tbsp olive oil	1 tbsp clear honey
2 tbsp argan oil	2 tbsp coriander, roughly chopped
3 cloves garlic, crushed	2 tbsp flat leaf parsley, roughly chopped

Method

Place the cayenna, black pepper, paprika, ginger, tumeric and cinnamon into a small bowl and mix to combine. Place the lamb in a large bowl and toss together with half of the spice mix. Cover and leave overnight in the fridge.

Preheat the oven to 150C/300F/Gas 2

Heat 1 tbsp olive oil and 1 tbsp of argan (or vegetable) oil in a large casserole disg. Add the grated onion and the remaining spice mix and cook over a gentle heat for 10 minutes so the onions are soft but not coloured. Add the crushed garlic for the final 3 minutes.

In a seperate frying pan, heat the remaining oil and brown the cubes of lamb on all sides then add the browned meat to the casserole dish. De-glaze the frying pan with 1/4 pint of tomato juice and add these juices to the casserole dish.

Add the remaining tomato juice, chopped tomatoes, apricots, dates, raisins or sultanas, flaked almonds, saffron, lamb stock and honey to the casserole dish. Bring to the boil, cover with a fitted lid, place in the oven and cook for 2-2 1/2 hours or until meat is meltingly tender.

Place the lamb in a tagine or large serving dish and sprinkle over the chopped herbs. Serve.