

LAMB TAGINE

Lots of ingredients, but easy to make – especially in a slow cooker. I serve it with couscous, sprinkled with some ras-el-hanout and chopped coriander to finish – but you could serve with rice if preferred.

INGREDIENTS

1 tbsp olive oil to fry	1 preserved lemon cut into thin wedges **
1 tbsp butter	1 tsp harissa paste
750 gm diced lamb *	50 gm dried apricots, chopped
2 red onions, finely diced	1 tbsp honey
4 garlic cloves, minced	2 tsp rosewater (optional)
½ tbsp fresh ginger, grated	2 tbsp tomato puree
1.5 tsp ground cumin	400 g 14oz tinned chopped tomatoes
1.5 tsp ground coriander	250 ml hot chicken stock ***
1 tsp ground turmeric	2 tbsp slivered almonds, toasted, to garnish
1 tsp sweet paprika	Salt and pepper to taste
1 large cinnamon stick	Handful of mint to garnish
1 tsp ras-el-hanout	

INSTRUCTIONS

Heat half the oil in a lidded casserole dish and fry the lamb quickly until browned on the outside. You may need to do this in a couple of batches. Remove with a slotted spoon.

Add the remaining oil and butter and fry the onions for about 5 minutes until softened.

Add the garlic, ginger and spices and cook for a few minutes until the raw smell of garlic has gone.

Put the lamb back in the pot, add the lemon, tomato puree, apricots, harissa and honey. Stir to combine.

Add the tomatoes, plus the chicken stock (see note)*** You can, if you like, increase the bulk of the dish by adding a tin of drained chick peas too.

Bring to the boil and then transfer to the oven at 160 – or simmer very slowly on the hob, or add to a slow cooker. For the oven, cook for three hours (depending on the cut of lamb you have chosen). For the hob, about 1 hour 30 minutes. If you prefer to cook in a slow cooker, cook on low for 6-8 hours, depending on the lamb and your slow cooker. Check seasoning – it depends how salty the stock is, and you may not need more.

Stir in rose water (if using) and stir. Serve sprinkled with toasted slivered almonds and chopped mint.

NOTES

*The choice of lamb is yours. Many recipes suggest neck fillet – a cheaper cut that takes longer to tenderise. I use leg meat.

** Or use grated rind and juice of half a fresh lemon

*** The amount of liquid depends on your cooking method. For the hob you may need a little more than for the oven. For the slow cooker, I would suggest halving the stock.