



Moroccan Lamb Tagine

A hearty lamb stew from Morocco. Traditionally cooked in a tagine, but a large casserole pot will do. Delicious served on a bed of couscous or rice.

Serves : 4

Preparation Time : 15 mins

Cooking Time : 2 hours

Ingredients

2 tbsp vegetable oil
1 tsp fresh ginger root peeled and grated
2 garlic cloves, crushed
1 onion, finely chopped
1 1/2lb boneless lamb leg chopped into 1 1/2in cubes
Large pinch of saffron strands (optional)
large bunch fresh parsley
1/2 pint lamb stock or water
1/2 small lemon, cut into small pieces
2 tbsp clear honey
2 oz blanched almonds
seasoning

Herbs & Spices

1 tsp Cinnamon Ground
1 tsp Cumin Ground
2 tbsp Sesame Seed

Cooking Instructions

Heat oil in large pan and gently fry ginger, garlic and onion until soft. Add lamb, saffron (if using) and half of the parsley, then pour in stock to just cover meat. Cover and simmer very gently for 1 1/2hours stirring occasionally. Stir in the cinnamon, cumin and lemon and cook for further 15 mins then stir in honey and cook for another 5mins. Toast the sesame seeds in a dry frying pan. Stir in remaining parsley into tagine, season to taste, then add the sesame seeds and almonds.