

Lamb (or mutton) tagine

Serves 4 to 6

- 1 kilo diced lamb or mutton
- 150g dried apricots (soaked for 1 hr)
- 2 tablespoons olive oil
- 3 garlic cloves crushed
- 2 large onions sliced
- 3 large carrots chunked

Spices – these are recommended, mixed spices can be substituted or a tagine sauce used (in which case follow instructions on jar).

2 cinnamon sticks, 2 teaspoons ground cumin, 1 tablespoon coriander seeds, lightly crushed, 6 cardamom pods, lightly crushed, a few small pieces of dried ginger root (or 1 teaspoon ground ginger), a pinch of ground mace. A glass of white wine, 125g good fruit chutney, salt and finely ground black pepper.

Heat half the oil in a large frying pan adding the garlic, onions, carrots until softened. Add spices and fry for a few more minutes. Transfer to tagine or stockpot. Turn up the heat and add rest of oil. Brown the meat quickly and add to the vegetables. Pour the wine into the pan and bring to the boil, stirring, to deglaze, then add to the meat with the water from the apricots, the chutney and enough stock to just cover the meat. Bring to the boil then reduce immediately to a very slow simmer. Add salt and pepper and simmer uncovered for one and a half hours or cook in a low oven (150C) with a lid on. Add apricots and cook for a further half hour. Taste for meat tenderness and cook a little longer if in doubt.

Serve with boiled rice (optionally stirred with a teaspoon of whole cumin or caraway seeds) or risotto rice or cous cous.