



LAMB AND PRUNE TAGINE

In a saucepan over medium heat, sweat onion in oil until translucent. Add ginger garlic paste and cook for 5 minutes. Add lamb and brown all the pieces, then add herbs, spices, prunes and stock. Simmer with the lid on for at least 2 hours or until the lamb is tender.

Season to taste. Serve with saffron couscous and garnished with almonds, sesame seeds and coriander.

To serve

Serve the dish with saffron couscous and garnish with almonds, sesame seeds and coriander.

Serves 4

2 medium onions
60 ml olive oil
5 ml ginger garlic paste (see page 229)
600 g lamb neck pieces
bunch of parsley and coriander, chopped
2 bay leaves
15 ml ras el hanout spice mix
5 ml cumin seeds
1 cinnamon stick
2 pinches of saffron threads
180 g pitted prunes
500 ml chicken stock
salt and pepper

saffron couscous
60 g slivered almonds
70 g toasted sesame seeds
coriander leaves

SAFFRON COUSCOUS

Bring water to the boil, take it off the heat and add saffron and salt. Allow to cool.

Put the couscous in a shallow dish, add olive oil and stir to coat. Bring the saffron water to the boil and pour it over the couscous. Cover the dish with cling wrap and allow to steam for 10 minutes.

Using a fork, fluff the couscous. Combine the remaining ingredients, add to the hot couscous and stir to mix.

Serves 2

375 ml water
4-8 saffron threads
2,5 ml salt
180 g instant couscous
20 ml olive oil
30 ml chopped dried apricots
30 ml chopped pitted prunes
30 ml chopped toasted almonds
5 ml chopped mint
5 ml chopped parsley
10 ml chopped coriander leaves
juice and zest of 1 lemon