

LAMB TAGINE

Ingredients

- 4 Lamb Shank pieces
- Prunes
- Red Onion (finely chopped)
- Olive oil
- Sugar
- Ground ginger
- White Pepper
- Cinnamon stick
- Saffron powder
- Salt
- Sesame seeds (toasted)

Method

- Place chopped onion into a large saucepan with approx. 4 tbsp. olive oil
- Add a large pinch of ginger, small pinch white pepper, cinnamon stick, saffron powder and small pinch salt
- This can be cooked immediately OR left to marinade for 1 hour (fish) or 2 hours (meat) before cooking)
- Place the saucepan on a high heat and add chopped garlic
- Add sugar to taste (approx. 2 tbsp.)
- Add pieces of lamb to saucepan with small pinch saffron powder and add enough cold water to cover the meat (approx. 400ml)
- Cover with a lid and leave on a high heat to reduce for approx. 45 minutes
- In a small saucepan, boil 2 cups water- add prunes with 2 large handfuls sugar and a cinnamon stick.
- Leave prunes on high heat to caramelize, adding more sugar if necessary
- Stir lamb occasionally, adding more water if necessary
- When lamb is cooked, remove one piece and place in Tagine, removing the bone.
- Place caramelised prunes around the edge and in centre, topped with toasted sesame seeds.

As an alternative to this sweet lamb tagine, use courgette and/or potato instead of prunes and replace the cinnamon and sugar with preserved lemon and salt.