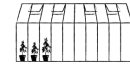


Lamb Tagine



Jaz Mathisen

AWAKINO STATION

A simple one-pot-wonder that can simmer away all day on the stove top, fire or in the oven. It's one of those dishes where the flavour enhances the longer it cooks.

Ingredients:

- 1 boned out lamb shoulder or lamb flap, cut into cubes or 4x lamb shanks
- 2 red onions, sliced
- 1 tbsp each of ground ginger, cinnamon, paprika, cumin, and turmeric
- 1/2 tsp ground cloves
- 4 cloves garlic, roughly chopped
- 3 tbsp tomato paste
- 2 tins chopped tomatoes
- 2 cups chicken stock
- 1 tbsp honey
- 200g dried apricots or dates
- 1 tbsp lemon juice
- 1 tin chickpeas, drained

Method:

1. In a large pot, sauté the onions in a generous glug of oil or butter. Add the spices and stir for another couple of minutes. Add garlic, tomato paste, and lamb and toss to combine everything. Continue cooking for a few minutes, allowing the lamb to absorb those beautiful flavours.
2. Pour in the chopped tomatoes, chicken stock, and honey. Mix to combine, cover and simmer for at least 3 hours. Or, transfer to the oven and slow cook at 140C for 3 hours.
3. After the 3 hours, remove the lid and add the chickpeas, dried dates/apricots, hemp hearts, and lemon juice and cook for another hour.
4. Taste and season well with salt and pepper and serve with couscous.

This recipe is easily adapted to include vegetables as well. Add chopped courgette and carrots, stir through baby spinach, and pumpkin is a nice addition too.