

MOROCCAN TAJINE

LAMB WITH ALMONDS AND PRUNES

PREPARATION : 30 min

COOKING TIME : 1 to 3 Hour

SERVES : 4

INGREDIENTS

For the MEAT :

- 1 Kg (500 g for 2 person) of tender lamb *neck, shoulder or shanks* (cut into 4 cm/3 inch pieces)
- ¼ cup (6 tbsp) olive oil
- Some butter
- 1 tsp saffron powder
- ½ tsp turmeric (*curcuma*)
- 1 tsp coriander or cumin
- 1 or 2 sticks cinnamon (*cannelle*)
- 1 tsp ground (or fresh minced) ginger
- 2 medium onions (grated)
- 3 cloves of garlic (peeled + crushed)
- Salt and pepper

For the PRUNES :

- ¼ Kg prunes
- 1 tbsp honey
- 2 tbsp sugar
- 1 ½ tsp ground cinnamon
- Toasted golden sesame seeds (optional)
- Handful of fried almonds



*** **NOTE** : You can replace lamb by chicken *thighs*, it is tasty as well. ***

PREPARATION

COOK THE MEAT

(1) USING A CONVENTIONAL POT

Mix the meat with the onions, spices, oil and butter. Cover. Brown and simmer the meat over medium heat for **2 to 2H30** until it is tender and breaks away easily from the bone. (*Note : Halfway through cooking, remove and reserve 1/2 cup of the liquids.*) If necessary, add a small amount of water during cooking to prevent the meat from scorching. When the meat has cooked, reduce the sauce until it is mostly oil and onions.

(2) PRESSURE COOKER METHOD

Idem except you cook with pressure over medium heat for **50 min to 1 Hour**, until the meat is very tender and the liquids are reduced.

(3) CLAY OR CERAMIC TAJINE METHOD

Idem except you cook the meat for **3 Hours** or longer, until the meat is very tender and the liquids are reduced.

COOK THE PRUNES

While the meat is cooking, put the prunes in a small pot and cover with water. Simmer over medium heat until tender. (*How long this takes can vary greatly depending on the prunes, but the average time is 15 to 30 minutes.*) Drain the prunes, and add the 1/2 cup of liquids reserved from the meat. Stir in the honey, sugar and cinnamon, and simmer the prunes another 10 minutes, or until they are sitting in a thick syrup.

TO SERVE

Put the meat on a large serving dish, and spoon the prunes and syrup on top. If desired, garnish with fried almonds and sesame seeds. Do not forget to remove the bundles or sticks of spices left as you don't want anyone *eating* that ! Best served with **couscous**. Enjoy ! +++