

## Spicing it up the Moroccan way: lamb tagine and couscous

### Ingredients – serves 6

1/4 cup flour  
1 tsp cayenne pepper  
2 tsp ground black pepper  
2 Tbsp paprika  
2 Tbsp ground ginger  
2 Tbsp turmeric  
2 tsp ground cinnamon  
Shoulder of lamb, trimmed and cut into 5cm chunks (approximately 1.1kg meat)  
5 Tbsp olive oil  
2 large onions, chopped  
2 large carrots, chopped  
2 sticks celery, chopped  
3 cloves garlic, crushed  
2 x 400g tinned chopped tomatoes  
200g dried apricots, cut in half  
55g dates, cut in half  
55g sultanas or raisins  
500ml lamb or beef stock  
2 Tbsp clear honey  
85g flaked almonds, toasted  
Coriander and couscous, to serve

### Method

1. Preheat oven to 180 °C.
2. Place the flour, cayenne pepper, black pepper, paprika, ground ginger, turmeric and cinnamon into a small bowl and mix to combine to create your spice mix.
3. Place the lamb in a large bowl and toss together with the spice mix.
4. Heat 2 Tbsp olive oil in the tagine base on your stove top. Add the carrots, onions and celery and cook over a gentle heat for 10 minutes so that the onions are soft but not coloured. Add the crushed garlic for the final 3 minutes.
5. In a separate frying pan, heat the remaining oil and brown the cubes of lamb on all sides, then add the browned meat to the tagine. De-glaze the frying pan with tomatoes and add these juices to the tagine too.
6. Add the apricots, dates, sultanas, lamb stock and honey to the tagine.
7. Bring to the boil, cover with the lid and place in the oven to cook for 2-2.5 hours or until the meat is meltingly tender.
8. Sprinkle over the coriander and flaked almonds and serve with couscous.