

Tajine marocain

Preparation/cooking — 2 hours

Serves — 4: freezes well and benefits from re-heating

Ingredients

25ml (or more if necessary) olive oil	100g artichoke heart
600g lamb shoulder, diced to 12mm	0.25tsp salt
0.25tsp ginger	0.5tsp turmeric
6 pistils of saffron	0.5tsp sesame seeds
1tsp cinnamon	1tsp honey
1 onion, finely chopped or grated	1tsp rosewater or orange flower water
water to cover	100g flaked almonds
100g stoned prunes, halved	juice of 1 lemon
200g semi-soft apricots, halved	0.5tsp ground black pepper

Method

- Brown the meat on a large pot slowly with the ginger, saffron, onion, cinnamon and salt. Cover the meat with water and bring to the boil. simmer slowly until the meat is cooked, stirring occasionally, and retrieve the meat from the pan.
- Boil off all the water in the sauce. Add the prunes and apricots. Stir in the turmeric, artichokes, sesame seeds and honey, along with the flower water, and simmer until the fruit is totally soft and the honey is absorbed. Return the meat to the pot and stir to coat it in the sauce.
- *At this point, the mixture may be allowed to cool for reheating later.*
- 15 minutes before serving (or when reheating), add the pepper and lemon juice, then top with the almonds and replace the lid.
- Serve hot, preferably with couscous.