

MOROCCAN LAMB TAGINE

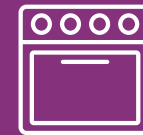
RECIPE BY GUEST CHEF MATT GATT, HUNGRY FOX BISTRO



Serving Size
6 People



Prep Time
15 Minutes



Cook Time
90 Minutes



Total Time
105 Minutes

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INGREDIENTS

- 1 kg boneless Lamb Leg/Shoulder, 2cm cubes
- 3-4 tbs Olive Oil
- 2 cups Aus Prunes
- 1 Cinnamon Stick
- 3 Star Anise
- 2 teaspoons Turmeric
- 1 medium Brown Onion, diced
- 1 tbs crushed Ginger
- 1 tbs crushed Garlic
- Pinch Saffron Threads
- 2 tablespoons Tomato Paste
- Bunch Coriander
- 2 tbs Dukkah



METHOD

1. Heat a heavy-based cast iron pan or tagine.
2. Dice onion and add to a pan with olive oil and cook until golden brown.
3. Add dice lamb and season with salt and pepper.
4. Caramelize meat on all sides then add turmeric, garlic and ginger, star anise and cinnamon stick and toast off until fragrant.
5. Incorporate tomato paste and saffron threads and steeping water.
6. Cover with stock and bring to a boil to incorporate flavours.
7. Add-In prunes then Cover with lid and bake in the oven at 160 degrees Celsius for 90 mins or until meat is tender.
8. Remove from oven and sprinkle with Dukkah and chopped coriander.



For more information contact the **australian prune industry association** incorporated at www.ausprunes.org.au

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