



# Lamb Tagine

*Slow cooked winter dish...*



# Lamb Tagine with Apricots.

*Bags of flavour, exotic spices and a sweetness from the apricots, which brings out the flavour of the lamb.*

## Ingredients...

1kg diced lamb or left of roast meat  
1½ tsp ground cinnamon  
1 tsp ground cumin  
1 tsp ground turmeric  
1 tbsp sweet paprika  
1 mild chilli finely chopped  
2 tbsp olive oil  
3 onions or large shallots chopped finely  
4 cloves of garlic, crushed  
1 tbsp honey  
750ml of chicken or vegetable stock  
2 x 400g cans chopped tomatoes  
350g chopped apricots (if dried soak before adding)  
350g of chopped potatoes (boiled)  
Juice of half a lemon  
A handful of coriander leaves  
A small handful of mint leaves

## Approach...

In a large bowl, mix the cubed lamb or left over roast meat in half the ground spices and leave for an hour or so. Then having set the oven to around 180C, warm the olive oil in a heavy casserole dish or pan and add the marinated meat in small batches sealing them and removing when browned all over (if roast meat this sealing stage is not needed). Now add the onions to the pan and hot oil, add the garlic next (stops burning) and remaining spices. Soften the onions a little - it also releases the fantastic flavour of the remaining spices.

Add the boiled chopped potatoes, honey, stock, tomatoes and apricots to the onions and let cook for 5 minutes, then return the browned meat to the pan. Bring to the boil, season and cover with a lid and put all back in the oven. Cook for about 1 ½ hours or until the sauce begins to thicken. Squeeze in the lemon juice in the last few minutes, stir and return to the heat. When the meat is cooked, lift out the meat with a draining spoon and keep on a warming plate. Then quickly reduce the remaining sauce over a high heat until it is reduced and thick, stir in the roughly torn coriander and chopped mint leaves and pour over the meat. Server with Couscous that has fruit in it such as sultanas and chopped apples and flat breads.



*"We're probably in, just about one of the best place in the whole of the UK for game. The landscape, the weather and the fine grasses and heathers, all combine to make a taste and texture few can compare too."*

*Charlie Munro, John Munro Limited.*

## John Munro Limited. Highland taste on your plate.

The Highlands has what most people will agree is a unique landscape with dramatic weather. It's this weather that creates the fine grasses, the heather tips and crystal clear waters that define the beef and lamb, which we sell through our time honoured and traditional butchers shop network. All we can say is that our skills are in the presentation of our meats, but we leave the rest to the Highlands when it comes to creating it!

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