

Lamb Tagine

Can be made as a stew or a roast

Ingredients

- 5-6 lb. boneless leg of
- ½ tsp /pinch of saffron
- 2 tsp fresh ground ginger
- 1 Tb ground cumin
- 1 Tbs minced garlic
- 1 Tbs ground coriander
- ½ tsp cayenne pepper
- Salt/Pepper to taste
- 1 Tb olive oil
- 1 large grated onion (grated works better than diced)
- 1 15oz can crushed tomatoes
- 1 15oz can diced tomatoes (reserve the juice)
- 1 Medium turnip diced
- 3 Tbs brown sugar
- 1 cinnamon stick
- 1 ½ cups water

Notes

There are two methods to make this recipe, both very similar. The first takes the leg of lamb and wraps it in a roast, the second cuts up the lamb into chunks for a stew.

This recipe uses a slow cooking method so it takes several hours to cook, but the results are worth it. Definitely need to plan ahead when making this recipe. Both methods use the same sauce, which is probably the best part.

Method 1 (Roast)

1. Prepare spice mixture (ginger, garlic, coriander cayenne, cumin, olive oil)
2. Trim excess fat off of the lamb, and butterfly the lamb leg. Rub the mixture evenly on the meat, roll up and tie with string. Set aside for at least 1 hour, or preferably over night. If you refrigerate over night, let sit out for 2 hours to get to room temperature before cooking.
3. Toast the saffron lightly in a dry skillet, careful not to burn, it only takes a minute or so. Grind saffron with mortar and pestle.
4. Coat the tagine lightly with olive oil. Place roast in Tagine (if you do not have one you can use a dutch oven), and sear the roast on all sides.
5. Add grated onion and diced tomato, sprinkling over roast. Take the reserved juice from tomatoes, and top off with water to make 1 ½ cups. Add to tagine and heat with a very low flame. Add saffron, sugar, cinnamon, turnip.
6. Let cook at very low flame for 3-4 hours depending on size of roast.
7. Remove the roast from tagine and proceed to make the sauce.

Method 2 (Stew)

1. Trim and cut up the lamb into 1 inch chunks and place in tagine or dutch oven.
2. Toast the saffron lightly in a dry skillet, careful not to burn, it only takes a minute or so. Grind saffron with mortar and pestle.
3. Mix the saffron, salt, pepper, ginger, garlic, coriander, cayenne, cumin and oil together and coat the meat with the mixture.
4. Add grated onion and diced tomato, sprinkling over roast. Take reserved juice from tomatoes, and top off with water to make 1 ½ cups. Add to tagine and heat with a very low flame. Add sugar, cinnamon, diced turnip.
5. Cook for approx. 2 hours or until meat is very tender.
6. Remove the meat (only) and set aside.
7. Proceed to make the sauce.

Sauce

1. After removing the meat from the tagine you make the sauce in the tagine.
2. Add the crushed tomatoes to the tagine and cook down over high heat. Mash the tomatoes and turnip as they cook so that you end up with a rough puree. Keep turning the tomatoes constantly to avoid scorching.
3. Cook down until you have a thick sauce. Be patient. It takes a while. When it's ready, the sauce has a sheen to it and a silky smoothness.

Serving

Add the meat back into the sauce, reheat and serve, or refrigerate and save for a day.

You can add other vegetables into the pot, potatoes or root vegetables are best. If you do, remove these with the meat before making the sauce.