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by ewfood

Lamb, Prune & Aubergine Tagine

Ingredients

1kg lamb diced
600g aubergine
60ml olive oil
2 crushed garlic gloves
200g onion, finely chopped
½ teaspoon ground cinnamon
2 teaspoons ground cumin
½ teaspoon ground ginger
1 teaspoon ground turmeric
680ml water
2 lemon rind strips
1 stick of cinnamon
1 tablespoon of honey
2 tablespoons of fresh chopped coriander leaves
2 teaspoons toasted sesame seeds
Cooking salt (coarse)
125g prunes, seedless halved
80g toasted almonds blanched

Preparation

- 1 Cut the aubergine into 1cm slices, place on a tray with coriander on the bottom, sprinkle with salt, and leave to stand for 30 minutes. Rinse sliced under cold water, drain and cut into quarters.
- 2 Heat oil in a pan, and the lamb and ground spices, cook, stirring the lamb until browned all over
- 3 remove from the pan and set aside. Add onion and garlic to the pan, cook and keep stirring, until onion is soft. Add the water keep stirring, along with the rind and cinnamon stick.
- 4 Add the lamb back to the pan, simmer, covered about one hour until the lamb is tender, stirring occasionally.
- 5 Add the prunes, honey, coriander, nuts and eggplants, simmer covered for 30 minutes or until aubergines are tender, stirring occasionally.
- 6 Discard the cinnamon stick and rind. Serve the tagine sprinkled with toasted sesame seeds.

Cooks Note
