

INGREDIENTS:

- 1 leg of lamb
 - 6 large onions
 - 150g peeled almonds
 - 6 garlic cloves
 - 2 level tablespoons ras-el-hanout seasoning
 - 1 tablespoon each ground cinnamon and ground ginger
 - Generous pinch saffron
 - 60ml olive oil
 - Sea salt, freshly-ground black pepper
- For the raisins:
- 120g raisins, half a teaspoon ground cinnamon and 60g honey

TIME: 6 hours

SERVING: 6-8 people



Heat the oven to 160C gas mark 3. Chop the onions in the base of a casserole large enough to hold the lamb. Mix the spices into the oil with a teaspoon and a half of salt and a teaspoon of pepper. Crush the garlic to a paste and rub into the meat then repeat the process with the oil and spices. Place in the casserole, add 500ml of water, cover and cook on the middle shelf for five hours, turning halfway through and adding a little more water if needed. In a pan boil the honey with 200ml of water and the cinnamon, add the raisins then remove from the heat and reserve. At the end of the cooking time add the raisins to the casserole and cook for a further hour. Brown the almonds in a little oil over a brisk heat, chop and add to the casserole for the last five minutes of cooking.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: