

INGREDIENTS:

500g prunes

500ml hot, strong tea

500g chopped onion

2 tablespoons olive oil

1.5kg diced lamb shoulder

2 peeled and crushed garlic
cloves

Half a teaspoon each ground
cinnamon, crushed coriander
seeds and ground ginger

1 pinch of saffron

100g blanched almonds

20g butter

3 tablespoons honey

sea salt, freshly-ground black
pepper

TIME:

2 Hours

SERVING:

4 people



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Soak the prunes in the tea until the liquid has cooled completely then drain. Heat the oil in a frying pan and sauté the onions until lightly browned. Transfer to a casserole using a slotted spoon then reheat the pan, season the meat and fry in small batches until browned. Transfer to the casserole and add the garlic, ginger, cinnamon, saffron and coriander. Add just enough water to cover the meat, put the lid on and simmer gently for an hour. Add the drained prunes and cook, covered, for a further 20 minutes. Cook the almonds in the butter until starting to brown then add to the casserole with the honey, stir well and simmer, uncovered for a further five minutes. Check the seasoning and serve with couscous.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: