

## Tagine Roast Spiced Lamb (Serves 4): Using a 25cm Blue Reactive Tagine - Emilio Range



### **What you'll need:**

#### **For the spice marinade:**

Fresh ginger: 1 inch, peeled  
Garlic: 2 fat or 3 medium cloves  
Onion: 50g  
Cumin: 1 tablespoon (ground\*)  
Coriander: 1 tablespoon (ground\*)  
Black pepper corns:  $\frac{1}{2}$  tablespoon (ground\*)  
Cloves:  $\frac{1}{4}$  teaspoon (ground\*)  
Green cardamom pods: 8 (seeds only\*)

#### **For roasting:**

Lamb shoulder: 1.5Kg  
Onion: 1 medium/large  
Olive oil: 2 tablespoons (not extra virgin)  
Sea salt & freshly ground pepper  
Apricots: 5oz (ready to eat)  
Chopped tomatoes:  $\frac{1}{2}$  tin  
Tomato puree:  $\frac{2}{3}$  tablespoons

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Bay leaves: 3-4

Brown sugar: 2 teaspoons (any dark brown sugar)

Parsley and coriander: good handful

*\* You can use ready ground spices, but it really is much better to gently warm whole spices in a dry frying until aromatic (be careful not to overheat or they'll burn and taste bitter - in which case, start again!) and then grind them in a spice/coffee grinder or a pestle and mortar.*

### What to do:

1. Firstly, prepare your *mis-en-place* for the **marinade**: Peel and roughly chop the **ginger**, **garlic** and **onion**. Grind the **cumin**, **coriander**, **black pepper corns**, **cloves** and **cardamom seeds**. Now put everything into to a food processor and blitz until you have a paste. (You can grate the ginger, garlic and onion before adding the spices and mixing everything together really well). Don't add salt at this stage, as it will draw moisture from the meat.
2. Next, with a sharp pointed knife (a filleting knife is ideal) make lots of horizontal and vertical incisions all over the **lamb shoulder**. Spread the **spice paste** all over the meat, rubbing it well into the incisions - your lamb should end up with a nice spice "crust". Leave it to marinate in a covered tagine for 5-6 hours (or overnight) in a very cool place or refrigerator.



3. About 30 mins before cooking the lamb transfer it (and all the spice paste) to a plate and leave it to come to room temperature. Wipe out the tagine base and soak it in warm water for 10 - 15 mins. **Set the oven** to 140 degs (fan) / Mark 2 (gas).

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4. Now prepare your *mis-en-place* for roasting the **lamb**: Peel, halve and slice the **onion** thickly, roughly chop the **apricots** and assemble the **bay leaves, chopped tomatoes, tomato puree** and **brown sugar**.
5. Dry the tagine base well. Place a heat diffuser over a **COLD** gas ring or hot plate (**see Cooking Techniques: Clay Pot Cooking\***). Put a **tablespoon** of **olive oil** into the tagine base and start heating it *slowly* on the diffuser over a slow/medium heat. When the oil is quite warm, add the **sliced onions**, season with **salt** and **pepper** and sauté gently until the onions become translucent, then increase the heat slightly until the onions *just* begin to caramelize.
6. Next, add in the **chopped apricots, chopped tomatoes, tomato puree & bay leaves, brown sugar** and a good sprinkling of **salt**. Check carefully for seasoning (remember you haven't salted the lamb spice paste so you may well need to add a little more salt) and bring everything up to a gentle simmer.
7. Meanwhile, heat a **tablespoon of olive oil** in a medium frypan (see Note below) over a high-ish heat. When the oil is hot, brown the lamb shoulder, "top-side" down, until you have a nice colour. Don't move it about too much - keep it still or it will sweat rather than brown. Now turn it over and seal the under-side.



8. Sit your browned lamb shoulder on the ingredients in the tagine bowl and spoon over the sauce generously, and cover with the lid.



9. Increase the **oven** temperature to 180 degs (fan) / Mark 5 (gas) and place the tagine in the oven for 30 mins, then reduce the temperature back to 140 degs (fan) / Mark 2 (gas) for about 2 hours, checking the sauce and adding a little water if the sauce looks too dry.
10. The lamb is cooked when the meat feels very tender and is coming away from the bone.
11. Bring the tagine to the table with plenty of chopped parsley and coriander.

**Note:** You *could* brown the lamb directly in your tagine bowl (at the end of Step 5) but *only* if you have properly seasoned it. See **Cooking Techniques: Clay Pot Cooking\***.

*\*For cooking techniques and more recipes visit: "[onceuponacook.wordpress.com](http://onceuponacook.wordpress.com)"*