

Lamb shank tagine

Recipe provided by Abdul and Amina Aitbenmoussa on behalf of Meimo's Restaurant, Windsor

INGREDIENTS

½ tsp ground black pepper
1½ tbsp ground ginger
1 tbsp turmeric
1 cinnamon sticks
2 pints cold water
3 lamb shanks, trimmed (about 350g-450g each)
4 large onions, chopped
2 tbsp olive oil
4 tbsp vegetable oil
115g dried apricots,
115g dried prunes
85g sesame seeds
1 tsp saffron threads, soaked in cold water
2 tbsp clear honey
1 tsp salt
2 tbsp butter
½ tsp cinnamon powder

METHOD

1. Place the lamb shanks, black pepper, salt, ginger, turmeric, saffron, cinnamon stick, olive oil, vegetable oil, chopped onions and cold water into a large casserole dish, covering the lamb. Cover the casserole with a fitted lid and cook over a gentle heat for 3-3.5 hours or until the meat is meltingly tender
2. Place the dry apricots and prunes in a large casserole dish, add water and bring to the boil until nice and soft
3. Heat the butter in a large casserole dish, add the cooked prunes and apricots, cinnamon powder, honey and 3 tbsp of lamb stock from the lamb casserole and cook over a gentle heat for 5-10 mins until nice and caramelised
4. Toss the sesame seeds over a heated frying pan
5. Place the lamb and lamb sauce in a tagine, add the caramelised prunes, apricots and sauce and cook gentle for 10 mins. Sprinkle over the tossed sesame seeds just before serving
6. Serve with couscous, bread or saffron rice for gluten-free diners

