

Lamb Tagine

A hearty and flavorful stew originating from the Maghreb region of North Africa.



Ingredients

- 2lbs minced lamb or mutton
- 1 tbsp salt
- 1 tbsp olive oil
- 1 can chopped tomatoes
- 2 tbsp honey
- 1 tbsp harissa paste
- Mixed spices... good candidates are:
 - Corriander
 - Cinnamon (If using cinnamon bark, put a whole peice into the slow cooker and remove before serving)
 - Nutmeg
 - Allspice
 - Cardomom
 - Cumin
 - Cloves
- 4 small carrots
- 1 onion
- 1/4 cup pitted dates (or dried apricots)
- 3 cloves garlic

To serve

- Couscous
- Crumbled feta cheese (optional)

Procedure

1. Prepare the spices, salt, and pepper in a small dish
2. Heat olive oil in a pan over medium-high heat
3. Fry the lamb until browned all over
4. Transfer to slow cooker
5. In large bowl, mix tomatoes, honey, harissa, and spices
6. Stir in carrots, onion, dates/apricots and garlic
7. Pour mixture over the lamb in the slow cooker
8. Cook on low heat setting 8+ hours
9. Meanwhile, make couscous as directed on package (do not add salt or butter)
10. Serve the lamb mixture over couscous, optionally topping off with crumbled feta cheese