

Moroccan Lamb with Honey and Prunes

Round Covered Baker

Ingredients:

- 130g stoned/pitted prunes
- 350 mls hot strong black tea
- 1kg stewing/braising lamb diced
- 1 onion finely chopped
- ½ tsp ground ginger
- ½ tsp curry powder
- Pinch of freshly grated nutmeg
- 2 tsp ground cinnamon
- ¼ tsp saffron threads
- 2 tbsp hot water
- 5 tbsp clear honey
- 200 ml beef or lamb stock
- Salt and ground pepper
- 115 gm blanched almonds – Optional to lightly toast
- 2 tbsp chopped coriander
- 3-4 cold hard boiled eggs cut into wedges

Method:

1. Pre heat oven to gas mark 2.
2. Place the prunes in 500 ml prep bowl and cover with tea. Leave to stand.
3. In small prep bowl, add the saffron threads and cover with 2 tbsp of hot water. Leave to stand
4. Place diced lamb in the round covered baker.
5. Add stock, honey, cinnamon, nutmeg, curry powder, ginger and onion to the batter bowl and mix well.
6. Tip the mixture over the lamb. Add the prunes and soaking liquid to the pot.
7. Add the saffron and liquid to the pot.
8. Cover with lid and cook for 5 hours.
9. Serve with cous cous topped with coriander and egg wedges