

Lamb Tagine



When I made this dish I left the kitchen window open. The smell attracted several male neighbors, and when my husband came in, he said that it smelled so good, he hoped it was coming from our house and not from someone else's! Serve with my Moroccan Couscous and Cucumber Raita on this site.

By BenevolentEmpress

Cook: 2 hrs

Additional: 8 hrs

Total: 10 hrs 45 mins

Prep: 45 mins

Servings: 4

Yield: 4 servings



Ingredients

3 tablespoons olive oil, divided
2 pounds lamb meat, cut into 1 1/2 inch cubes
2 teaspoons paprika
1/4 teaspoon ground turmeric
1/2 teaspoon ground cumin
1/4 teaspoon cayenne pepper
1 teaspoon ground cinnamon
1/4 teaspoon ground cloves
1/2 teaspoon ground cardamom
1 teaspoon kosher salt
1/2 teaspoon ground ginger
1 pinch saffron
3/4 teaspoon garlic powder
3/4 teaspoon ground coriander
2 medium onions, cut into 1-inch cubes
5 carrots, peeled, cut into fourths, then sliced lengthwise into thin strips
3 cloves garlic, minced
1 tablespoon freshly grated ginger

Directions

Place diced lamb in a bowl, toss with 2 tablespoons of the olive oil, and set aside. In a large resealable bag, toss together the paprika, turmeric, cumin, cayenne, cinnamon, cloves, cardamom, salt, ginger, saffron, garlic powder, and coriander; mix well. Add the lamb to the bag, and toss around to coat well. Refrigerate at least 8 hours, preferably overnight.

Heat 1 tablespoon of olive oil in a large, heavy bottomed pot over medium-high heat. Add 1/3 of the lamb, and brown well. Remove to a plate, and repeat with remaining lamb. Add onions and carrots to the pot and cook for 5 minutes. Stir in the fresh garlic and ginger; continue cooking for an additional 5 minutes. Return the lamb to the pot and stir in the lemon zest, chicken broth, tomato paste, and honey. Bring to a boil, then reduce heat to low, cover, and simmer for 1 1/2 to 2 hours, stirring occasionally, until the meat is tender.

If the consistency of the tagine is too thin, you may thicken it with a mixture of cornstarch and water during the last 5 minutes.

Nutrition Facts

Per Serving: 423 calories; protein 35.8g; carbohydrates 23.6g; fat 20.5g; cholesterol 109.2mg; sodium 1128.7mg.

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1 lemon, zested

1 (14.5 ounce) can homemade
chicken broth or low-sodium
canned broth

1 tablespoon sun-dried tomato
paste

1 tablespoon honey

1 tablespoon cornstarch
(Optional)

1 tablespoon water (Optional)

I also add a can of chickpeas

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