

JEAN CROSSING



Winter  
LIVING







# LAMB CURRY TAGINE

## Ingredients needed:

- 1.2kg Lamb neck chops
- Kosher salt
- 3 Cups Chicken stock
- 1/2 Cup dried apricots
- 3 tbsp. Extra-virgin olive oil
- 1 medium Onion, chopped
- 4 Garlic cloves, minced
- 3 Tbs Cape Malay style CURRY spice
- 2 tsp. Freshly minced ginger
- 2 tbsp. Tomato paste
- 1 Cinnamon stick
- 1/2 tsp. Ground turmeric
- 1/2 tsp. Ground coriander
- 1/4 tsp. Ground cardamom
- Freshly ground black pepper
- 1/4 Cups Freshly chopped flat leaf parsley  
(plus more for garnish)
- 1/2 Cups toasted almond slivers
- Torn mint leaves, for serving

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## Method:

1. In a large bowl, toss lamb with about 2 teaspoons salt and spices. Let sit at room temperature for 1 hour or overnight in the refrigerator.
2. In a tagine or cast iron pot, over medium-high heat, heat oil. Add lamb and cook until golden, about 4 minutes per side. Work in batches as necessary. Remove lamb from pot and set aside.
3. Reduce heat to medium and add onion to the pot. Cook until soft, 5 minutes. Add garlic and cook until fragrant, then add tomato paste and stir until coated. 4. Add lamb, apricots, and stock. Bring to a boil, then reduce heat and let simmer, covered, until lamb is tender and liquid is reduced, about 1½ hours.
4. Remove from heat and stir in parsley. Garnish with toasted almonds, mint, and more parsley. Serve over warm couscous or creamy polenta.

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