

THE FOOD SAFARI & HOME ELECTRONICS FAIR



Lamb Tajina with Dried Prunes and Almonds Recipe by SOLYMER ASIA

1.2 kg	lamb shoulder, cut into pieces	1 tsp	cumin, ground
200 g	fried marcona almonds, roughly crushed	1 tsp	flat parsley, chopped
2 tbsp	sesame seeds	1 tsp	coriander, chopped
4	hard boiled eggs	4 tbsp	groundnut oil
3	medium onions, chopped	1 tbsp	butter
4 cloves	garlic, minced	4 tbsp	caster sugar
2 tsp	ground cinnamon	Pinch	Saffron Strands
4 sticks	cinnamon		Salt
1 tsp	grated ginger		Pepper

Method

1. In a hot Tajina, fry the pieces of lamb in the oil and butter.
2. Add the onions, garlic, half the ground cinnamon, ginger, saffron, cumin, parsley, coriander, salt and pepper.
3. When the meat is golden, add three cups of water, cover and cook for 45 minutes.
4. Add a little water during cooking if necessary. Stir regularly.
5. During this time, fry the sesame seeds in a pan without any oil.
6. After 30 minutes of cooking the meat, take a little sauce from the Tajina.
7. Put it into a saucepan and add the dried prunes, the rest of the powdered cinnamon, cinnamon sticks, sugar and a pinch of salt.
8. Cover and cook for 15 minutes. Drain the prunes and remove the sticks of cinnamon.
9. Once the meat is cooked and the sauce has reduced, add the prunes and sprinkle the sesame seeds and almonds over the top.
10. Cut the boiled eggs in half and arrange them around the edge.
11. Serve directly from the Tajina at the table.