

CRANSTONS SPRING LAMB

RECIPE CARD



Lamb Tagine with Pomegranates

LAMB TAGINE WITH POMEGRANATES

675g Cranstons Lean Boneless Lamb Shoulder or Leg, cut into 2.5cm cubes
• 2 tbsp Oil • 1 medium Onion, peeled and finely chopped • 2 tsp Ground Ginger • ¼ tsp Ground Turmeric • ¼ tsp Sweet Paprika • 2 cloves Garlic, peeled & crushed • Salt & Pepper • Pinch Saffron Threads • 450ml Hot Water • 1 Cinnamon Stick • 2 sprigs Fresh Thyme • 3 - 4 Dried Apricots, roughly chopped • 3 tbsp Coriander, freshly chopped • 2 tbsp fresh Pomegranate Seeds

PREP: 25 MINS **COOKING TIME:** 2 HRS 20 MINS **SERVES:** 6

- Heat the oil in a large 1.7L / 3pint oven proof dish, add the onions, ginger, turmeric, paprika and seasoning. Cook over a low heat for 1 - 2 mins.
- Add the meat and garlic, coat in the flavoured oil and cook for 4 - 6 mins until brown all over.
- Add the saffron and water. Bring to the boil, reduce the heat, cover and simmer for 2 hours.
- 20 mins before the end of the cooking time add the cinnamon stick, thyme, apricots and coriander. Cover and continue to cook for the remainder of the cooking time.
- Remove the thyme and cinnamon stick from the tagine. Garnish with the pomegranate seeds and serve with steamed cous cous or rice.