



## Spiced Lamb Tagine with Dartmoor Honey

Tagines are wonderfully satisfying North African Stews traditionally cooked in an earthenware 'Tagine'. They are flavoured with plenty of herbs and spices but the flavouring is subtle enough that the full flavour of the meat can still be appreciated. Tagines are light enough for summer eating and are great for outdoor evenings served with cous-cous, tomato and red onion salad and some nice flatbreads. To drink with it, a fairly robust red wine, such as a cabernet sauvignon, would work well.

Serves 6

- 1.5 kg boned shoulder of lamb chopped into 1 inch cubes (We use Blackawton lamb which we get from Luscombes Butchers in Totnes)
- 2 red onions, peeled and sliced
- 3 cloves garlic, peeled and crushed
- 2tsp ground coriander or seeds
- 1tsp ground cumin or seeds
- 1tsp ground cinnamon or half a stick
- 3tbsp olive oil
- 2tbsp plain flour
- 1tbsp South Devon Chilli Farm chilli jam
- 2tbsp red wine vinegar
- 750ml chicken stock
- 2tbsp runny honey (We use Birdy's honey from Dartmoor which we get from Jilly's Farmshop in Dartmouth)
- 200g chopped dates
- 2tbsp sesame seeds
- 2tbsp chopped fresh mint.

1. Heat the oven to 150C/Gas 3.
2. If using whole coriander and cumin seeds lightly toast these first to lift the flavours then grind them for the dish. Brown the lamb in small batches in a hot pan
3. Heat the oil in a large ovenproof pan and add the onions. Cook for 3-4 minutes until starting to soften and stir in the spices and garlic. Cook for another minute or so and stir in the lamb. Mix well and add salt & pepper to season.
4. Sprinkle over the flour and stir in followed by the chilli jam, vinegar, stock, honey and dates.
5. Bring to the boil. Cover and put in the oven. Bake for 2 hours or until the lamb is tender.
6. Mix together the sesame seeds and chopped fresh mint. Sprinkle over the Tagine and serve with couscous and a tomato and red onion salad.