

Lamb Tagine with Sweet Potatoes, Cinnamon & Preserved Lemons

Serves 6

2 lbs boneless lamb shoulder or leg

1 tsp Maldon sea salt

½ tsp freshly ground black pepper

2 tbsp extra-virgin olive oil

1 tsp each: ground cinnamon, cumin and coriander

2 cinnamon sticks (optional)

2 cups chicken stock

2 large shallots, peeled and quartered

1/3 cup whole roasted almonds

16 pitted prunes

1 tbsp chopped preserved lemons

2 small sweet potatoes, peeled and quartered

¼ cup chopped fresh mint

Preheat the oven to 350° F. Trim the lamb of fat and cut the meat into 3 inch large chunks. Season all over with salt and pepper. Heat the olive oil in a large lidded casserole pan or tagine (earthenware pot) over medium heat on the stovetop. Sear the lamb in two batches, turning over until well browned, about 5 – 7 minutes. Return all lamb to the pot and sprinkle the spices over top, turning to coat evenly. Add the cinnamon sticks and stock to the pan and bring to a boil. Cover the pan with the lid and bake in the oven for 1 ½ hours or until the lamb is very tender. Add the shallots, almonds, prunes and preserved lemons, stirring to combine. Place the sweet potatoes on top of the lamb. Put the lid back on the casserole and bake for another half hour. Remove lid and bake for half an hour more or until sweet potatoes are beginning to caramelize. Serve with fresh mint.