

Curries and Tagines

PREP TIME 25 MIN | COOK TIME 2 HOURS | SERVES 10

PERSIAN GOAT TAGINE

Method

- Season goat with salt and pepper. Heat half the oil in a large pan or tagine over high heat. Add goat, in batches, cooking for 5 minutes, turning regularly to seal and caramelise. Set aside. Heat remaining oil in pan or tagine, over medium heat. Add garlic, ginger, celery, carrots and onions, cook for 5 minutes or until soft and caramelised. Add cumin, coriander, cinnamon, Ras el Hanout, stir to combine. Add harissa and tomato paste, stir to combine. Return goat to the pan, add stock and tomatoes, stir well. Cover and cook, stirring occasionally for 2-3 hours.
- Add dates and apricots, chickpeas and saffron, simmer uncovered for 20 minutes or until sauce has thickened.
- Season to taste, garnish with coriander and almonds. Serve with flatbreads, yoghurt and Israeli couscous salad.

INGREDIENT LIST

Goat

- 2kgs goat pieces, on the bone

Other ingredients

- 80mls olive oil
- Salt and pepper to season
- 8g garlic, crushed
- 10g ground ginger
- 200g celery, diced
- 200g carrots, peeled, diced
- 200g brown onions, finely sliced
- 10g ground cumin
- 10g ground coriander
- 5g cinnamon
- 20g Ras el Hanout
- 50g harissa paste
- 150g tomato paste
- 1 litre stock
- 1200g crushed tomatoes
- 300g seedless dates
- 200g dried apricots, chopped
- 400g canned chickpeas, drained & rinsed

Other ingredients

- Large pinch saffron threads, soaked in 40mls warm water
- 100g fresh coriander, leaves picked
- 60g flaked almonds, toasted

Serving Suggestions

- Flatbreads
- Israeli Couscous Saad
- Yoghurt

