

Lamb Tagine with Orange and Prunes

- by Healing Family Eats

If you don't have prunes, use dried apricots instead. See above.

(serves 4)

2 tsp [cinnamon](#)

1 tsp [ginger](#)

2 tsp [turmeric](#)

1 kg (2+1/4 lb) lamb shoulder, cut into 1+1/2 inch pieces

1 tbsp lard, or other solid fat

2 medium onions, finely sliced

2 garlic cloves, crushed

2 cups bone broth

1 orange, peeled (with a vegetable peeler) and juiced

1/2 cup (12) [prunes](#)

1 tsp [salt](#)

Preheat the oven to 300F.

Put the spices into a large bowl and add the meat. Get your hands stuck in and toss the pieces of meat to thoroughly coat with the spices and then set aside.

Heat the fat in a large casserole/dutch oven and add the onions. Cook them on a low heat, stirring often, until softened and translucent. Add the garlic and continue to sweat for a minute or two before turning the heat up to a medium/high to get some colour in the onions. Not much though, and keep an eye on the garlic because it tends to burn easily. Add the meat and stir it around for 2 or 3 minutes, allowing it to get a little colour. Next pour in the broth, bring up to a simmer, cover with a lid and place the casserole into the oven.

Cook for 1+1/2 hours, then remove from the oven and add the orange juice and peel, together with the prunes. If the tagine is drying out, add a little more broth at this point. Put the casserole back into the oven for another hour, until the meat is beautifully tender and the sauce thickened and glossy.



Cilantro "Butter Couscous"

Of course this isn't couscous at all, but cauliflower makes a mighty fine substitute and besides it's far healthier. But I guess you already knew that!

(serves 4)

- 1 large cauliflower
- 2 tbsp lard, or other solid fat
- 2 tbsp [shortening](#), or other solid fat
- 1 - 1+1/2 tsp [salt](#)
- 1/2 bunch cilantro (coriander leaf), finely chopped

Cut the cauliflower into florets and put them into your processor with the 'S' blade, not forgetting the stalks. Pulse about 8-10 times until the cauli is the same consistency as large grains of rice (you may need to do this in two batches). Pulsing puts you in control, if you simply press the 'on' button you risk ending up with purée!

Heat the fats in a large sauté pan, add the riced cauli and stir to mix well. Allow to cook for about 5 mins until the cauli is 'al dente'. You can either do this on the stove top or in the oven. Stir in the salt and add the cilantro just before serving.