

# lamb shank tagine

## directions:

1. Preheat oven to 150°C. Heat the oil in a large flameproof casserole dish over high heat. Add the onion and garlic and cook, stirring, for 5 minutes or until onion is soft. Add the ginger, cumin and paprika and cook for 1 minute or until aromatic. Add the lamb, beef stock and tomatoes and bring to the boil. Remove from heat.
2. Cover and bake for 2 hours or until lamb is very tender and falling off the bone. Add the olives and dates and set aside, covered, for 5 minutes or until heated through.
3. Prepare couscous according to packet instructions. Serve tagine with couscous and preserved lemons (see related recipe), if desired.



## ingredients:

- 1 tbs *Olive Oil*
- 2 *Brown Onions*, coarsely chopped
- 2 *Garlic Cloves*, crushed
- 1 tbs *Ground Ginger*
- 2 tsp *Ground Cumin*
- 2 tsp *Sweet Paprika*
- 4 *Lamb Shanks*
- 4 cups (1L) *Beef Stock*
- 400 g *Can Chopped Tomatoes*
- ½ cup (80g) *Pitted Kalamata Olives*
- 150 g *Fresh Dates*
- Couscous*, to serve
- Preserved Lemons*, to serve

## metrics:

*Yield:* (Serves 4)

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