

BEECH OVENS

SELECTED BY THE WORLD'S LEADING HOTELIERS



Lamb Tagine

Name of dish:	Lamb Tagine	
Cooking Temperature:	190°C	
Cooking method:	Baking	Preparation Time: 30mins
Number of portions:	4	Cooking Time: 2hours
		Time total: 2hrs30mins



Ingredients

Method

Item	Amount	UOM-Kg/ML/Each		
Boned lamb shoulder/leg	2	kg	1	Chermoula-blend 2 onions, garlic, lemon juice, Parsley, coriander, salt, spices to a thick paste
Sea salt	1	Tablespoon		
Garlic	5	cloves	2	Cut meat into large cubes and marinate in Chermoula for min 2 hrs
Spanish Onions	3	Ea		
Lemon	1	Ea	3	Fry lamb in olive oil until lightly browned
Continental Parsley	1	bunch	4	Add all other ingredients, cover with water or stock
Cumin	50	g		
Olive oil	100	ml	5	Braise with a lid on for 2 hours or until lamb is tender
Coriander bunch	1	bunch		
Coriander powder	30	g	6	Add dates with 30 minutes cooking left
Turmeric Powder	10	g		
Chilli Powder	10	g		
Carrot	2	Ea		
Sweet potato	1	Ea		
Honey	2	Tablespoons		

Preserved lemon	1	Ea			
Black Olives	100	g			
Dates pitted	8	Ea			