

## LAMB AND QUINCE TAGINE

Serves 4

½ tsp ground cumin  
½ tsp ground coriander  
1 tsp harissa – a Moroccan spice blend now available in most supermarkets  
50g butter  
4 lamb shanks  
1 tsp ground ginger  
Pinch chilli or cayenne pepper  
3 garlic cloves, crushed  
2 onions, chopped  
400 ml stock, lamb or vegetable  
½ cinnamon stick  
3 tbsp honey  
1 quince, peeled, cored and cut into large pieces  
Juice of ½ lemon and strip of rind  
½ tsp saffron, dissolved in 2 tbsp boiling water  
Small bunch fresh coriander or parsley, roughly chopped

Heat the butter in a large casserole or tagine and brown the lamb all over.

Remove the meat and set aside.

Add all the spices (except saffron), the onions, quince and garlic and cook for 2 minutes

Season and add stock, lemon rind and honey and half the chopped coriander.

Return the lamb, bring to the boil, cover and cook for 1 ½ hours or until the lamb is tender. (Can cook in a low oven)

Remove the lamb and quince, add the saffron and reduce the liquid to a thickish sauce.

Adjust seasoning and add lemon juice to taste. Sprinkle remaining coriander over.

Serve with bread or couscous or bulghar wheat