

Ingredients Tagine of Lamb:

2-1/4 lb. Shoulder of lamb, boneless, trimmed
and cubed
2-3 tbsp Sunflower Oil
1 oz ginger root, fresh, peeled and chopped
pinch Saffron threads
2 tsp ground cinnamon
1 onion finely chopped
2-3 garlic cloves, chopped
1-1/2 cups Prunes, pitted, soaked one hour
2 tbsp Star Thistle Honey, clear
salt & pepper

Ingredients Almond Dried Fruit Couscous:

1 cup almonds
8 tbsp olive oil
6 cups instant couscous
6 cups water
2 tbsp honey
1 tsp salt
1/2 cup golden raisins
1/2 cup currants
1 tbsp sugar
2 tsp cinnamon

**Notes:** Serves six.**Directions for Tagine of Lamb:**

1. Put the meat in a flameproof casserole or heavy pan. Add the oil, ginger saffron, cinnamon, onion, garlic and seasoning, then pour in enough water to cover. Heat until just simmering, cover with lid and simmer gently for about 2 hours, topping up the water if necessary, until the meat is very tender.
2. Drain the prunes and add them to the tagine. Stir in honey and simmer for a further 30 minutes, or until the sauce has reduced.

Directions for Almond and Dried Fruit Couscous:

1. Melt butter in a large skillet, add almonds and toast.
2. Add the couscous and stir over medium heat until grains are heated through.
3. While toasting the couscous, bring water to a boil and add the salt, honey raisins, sugar and cinnamon.
4. Pour the boiling water mixture over the couscous and cover.
5. Fluff the couscous with a fork. Serve under vegetable stew or as a side dish.