

# Lamm-Tagine mit Dörripflaumen und gerösteten Mandeln

797

**Typ:** Fleisch

**Quelle:** Emile Henry (Tagine)

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**Bemerkungen:** Für Oli und Claudia 10 Mar 21. Zu wenig Flüssigkeit.

**Zutaten:** 6 - 8 servings

1 kg shoulder of lamb  
500 g leg of lamb  
3 onions  
3 carrots  
50 ml oil  
2 pinches of saffron filaments  
2 tsp powdered ginger  
2 sticks of cinnamon  
2 tbsp acacia honey  
300 g prunes  
60 g whole blanched almonds  
Fine salt and ground pepper  
6 sprigs of fresh coriander

Optional: 4 firm potatoes

**Rezept:**

Remove part of the fat from the meat, and any nerves, and cut into cubes about 3 cm (1 inch) in size. Peel the onions and carrots and chop finely.

Pour the oil into the base of the tagine and heat for a few minutes on a medium heat. Brown the meat in small quantities without letting it go too brown, season and remove from the pan. Put the onions, carrots, saffron and powdered ginger in the dish and sweat for 5-6 minutes, stirring frequently.

Deglaze with the honey and cook for a few more minutes. Add the pieces of meat and cinnamon sticks and mix well. Pour in half a glass of water and shape the ingredients into a "pyramid". Arrange the prunes harmoniously on the top, with the potatoes (optional) cut into quarters all around.

Sprinkle half the coriander on top.

Cover and cook for 1 hr 15 mins on a very low heat or in an oven pre-heated to 180°C for the same amount of time.

Toast the almonds in a frying pan, without any fat.

When ready to serve, sprinkle the other half of the coriander and the toasted almonds on top.