



l'Atelier
by Madada

Beef or lamb tajine with prunes and apricots

Preparation time: 30 minutes

Cooking time: 90 minutes

For one person

Ingredients:

- 200 grams of meat
- 50 grams of almonds
- 3 dry apricots
- 3 dry prunes
- 1 big onion
- 1 clove of garlic
- ½ tea spoon of ginger
- ½ tea spoon of turmeric
- ½ tea spoon of mrouziya
- A pinch of saffron
- A cinnamon stick
- 1 tea spoon of cinnamon
- 2 tea spoon of sugar
- A crushed juniper berry
- A pinch of Arabic gum
- Salt
- Some sesame seeds.
- 1 table spoon of orange blossom
- 2 table spoons of olive oil & one of margarine
- Sunflower oil

Preparation

Place the meat in a tajine with a finely chopped onion, a chopped garlic clove, all the spices: ginger, turmeric, mrouziya, a pinch of saffron, salt and 2 table spoons of olive oil. Mix well so that the meat marinates then place the cinnamon stick on top.

On medium heat sear the meat for about 20 minutes, turning the meat over from time to time. You need to be close to the tajine otherwise it'll stick. After 20 minutes of searing, check if the onions have made some water. If not, add some cold water on the side of the tajine and let the meat steam for about 1h15.

While the tajine is cooking, boil some water in a sauce pan then drop in the almonds for a couple of minutes. Remove, cool them down under cold water then remove the skin. In a frying pan heat some vegetable oil and fry the almonds until golden. Set Aside. In a frying pan, toast some sesame seeds without any fat for one or two minutes.

Pour about 10 centilitres of water in two separate saucepans and let boil the apricots and prunes until they absorb all the water (about 5 minutes). Once there is no water left, add the grounded cinnamon, the crushed juniper berry, Arabic gum, the blossom water and the powdered sugar. Let caramelize on low heat for a couple of minutes.

When the meat is cooked, place the dry fruits in the tajine, sprinkle with the sesame seeds and almonds then pour what is left of syrup.

Enjoy your tajine!