



**My mum gave us a duplicated Tagine, so we thought we'd have a play with. Very much like the Dutch Oven as a cooking vessel, but it's set us on another recipe challenge ? Moroccan Tagine Recipes?..**

**Ingredients:-**

400g of Diced Pork, diced into good sized pieces

Flour to coat (Gluten free in our case)

1 Onion, sliced

A Thumbnail of fresh Ginger, finely sliced

3 Cloves of Garlic, minced

2 Tbsp of Tomato Puree

1 Tin of Chopped Tomatoes

1 Tin of Chick Peas, drained and rinsed

1 Tbsp of Honey

500ml of Chicken Stock

12 Apricots, halved and de-stoned

8 Prunes, halved

2 Tsp of Ras-El-Honout (You can buy this in the Herbs and Spices section in the supermarket, or find a recipe online and make your own blend)

The Juice of 1 Lemon

Oil to fry

Salt & Pepper to season

Fresh Mint leave garnish

**Method:-**

- (1) Season the Pork with Salt and Pepper.
- (2) Coat in Flour, shaking any excess off.
- (3) Over a medium heat add a little Oil to the Tagine.
- (4) Fry the Pork until brown on all sides and set aside.
- (5) Add the Onions and fry until softened.
- (6) Add the Garlic and Ginger and fry for a further minute.
- (7) Stir in the Tomato Puree, Tin of Tomatoes, Stock, Honey and Ras-El-Honout, bringing to the boil.
- (8) Turn down to a simmer and stir in the Pork.
- (9) Cover and simmer for an hour.
- (10) Add the Apricots, Prunes, Chickpeas and Lemon Juice and stir in.
- (11) Simmer for a further 30 minutes.
- (12) Serve garnished with the fresh Mint.

**The sweetness of the fruits and Honey work really well with the Ras-El-Honout spice blend. We'll be pottering with other similar recipes over the next few weeks. Watch this space?...**