

Puy Lentils



Ingredients

- 2 tbs olive oil
- 3 garlic cloves, crushed
- 1 onion, diced
- 3 tsp cinnamon, ground
- 3 tsp cumin, ground
- 3 tsp turmeric
- 2 tsp chilli flakes or powder, ground
- 1 cup puy lentils, washed and drained
- 1 litre stock (or 1 can chopped tomatoes and 1 tbs tomato paste)
- 1 bay leaf
- Salt and pepper

- 2 fish cutlets, like blue-eyed cod or snapper
- 1/2 cup spelt flour
- Salt and pepper
- 2 tbs olive oil

- Coriander leaves
- Dollop of good, thick yoghurt

Method

In a large, heated pot add the oil, onion and garlic. Stir until onions are soft. Now add 2 tsp each of the spices and stir until they start to stick. Next add the lentils and stir to coat them in the spices. Add the stock or tomatoes to the pot with the bay leaf and pepper only. Bring to the boil then simmer for about 30 minutes or until lentils are soft.

Meanwhile, coat the fish in the flour, the rest of the spices and seasoning. Cook in a hot pan with oil on each side until brown. This should take about 2 minutes on each side.

To serve, put some lentils on the bottom of a serving platter and place the fish on top.

Garnish with coriander leaves and a dollop of thick yoghurt.

Tagine of Lamb with Preserved Lemon



Method

Rub the shoulder of lamb with the dry spices and a little oil. Allow to marinate over night.

Brown in hot oil on all sides.

Blend the onion, garlic and coriander to a fine paste. Add to the shoulder and cook for 4 – 5 minutes to release the flavours. Add the stock and bring to the boil. Cook until tender approx 2 hrs.

Add the dates and preserved lemon and cook for a further 10 minutes.

Serve with the cous cous

Ingredients

- 1 boned lamb shoulder, small
- 2 tbsp coriander ground
- 1 tbsp sumac
- 2 tbsp cumin
- 1 tsp caraway
- 2 sticks cinnamon
- pinch of saffron threads
- 1 bunch fresh coriander
- 1 head garlic
- 1 preserved lemon
- 1 cup medjool dates
- 1 onion
- 1 litre beef or lamb stock

- 200g Lebanese cous cous
- knob of butter
- 250 ml chicken stock