

# Goat & Apricot Tagine with couscous

Cabrito Recipe given to us by James Whetlor

Serves: 4

Prepare: 20 Minutes

Cook: 2 Hours 20 Minutes

Difficulty: medium



## Ingredients

### For The Tagine

- 800g diced goat meat
- 2 onions, finely chopped
- 3 garlic cloves, chopped
- 2 tomatoes, roughly chopped
- 60g butter, melted
- 2 tsp ras al hanout spice blend
- 1 tsp cumin seeds, toasted and ground
- ½ tsp ground turmeric
- 400ml [organic lamb broth](#)
- 10 saffron strands, soaked in warm water for 10 minutes
- Small bunch of fresh coriander, leaves chopped & stalks removed and reserved
- 150g dried apricots
- 1 medium preserved lemon, skin only, roughly chopped
- 50g pistachio, roughly chopped
- 1 tbsp honey
- Salt and fresh ground black pepper
- Small bunch of mint, roughly chopped

### For The Couscous

- 25g butter
- 200g couscous
- 50g pistachios, roughly chopped
- 50g flaked toasted almonds
- 50g pine nuts, toasted
- 50g ready-to-eat-apricots, roughly

## Method

1. In a large bowl, mix together the diced goat meat, tomatoes, onion, garlic, melted butter and spices (apart from the saffron). Season with salt and freshly ground black pepper. Cover and refrigerate for a few hours
2. When the meat has marinated for a few hours, add to a large saucepan and cook uncovered over a medium heat for 20 minutes until a sauce has formed and thickened
3. Add to the pan the organic bone broth, saffron and the water it has soaked in, coriander stalks, dried apricots and preserved lemon. Cover the pan and reduce the heat, simmer gently for about 2 hours or until the meat is completely tender. Top up with water if it becomes a little dry
4. Meanwhile, make a start on your couscous. Heat the butter in a frying pan with a lid, over a medium heat. When the butter starts to foam add the couscous and combine with the butter until it is golden brown all over
5. Pour in 400ml of water, mix well, remove the pan from the heat and cover with the lid. Set aside and allow to steam for 5 minutes. After 5 minutes, fluff the couscous with a fork, cover once more and allow to steam for a further 5 minutes. Stir through the nuts, apricots, preserved lemon, herbs and lemon juice until well combined. Season to taste with salt and freshly ground black pepper
6. To the cooked goat tagine add the pistachios, honey, and season with salt and pepper to taste
7. To serve, divide the couscous between four plates, ladle on the tagine and scatter with the coriander and mint leaves

chopped

- 1 preserved lemon, skin only, finely chopped
- 3 tbsp roughly chopped mint leaves
- 3 tbsp roughly chopped coriander root and leaves
- 3 tbsp roughly chopped flat-leaf parsley
- 1 lemon, juice only
- Sea salt and freshly ground black pepper