



Moroccan Style Beef Tagine

A Simply Beef & Lamb recipe using the best The Organic Butchery ingredients.

Serves: 8

Prepare: 25 Minutes

Cook: 3 Hours

Difficulty: medium

Ingredients

- 900g [organic diced stewing beef](#)
- 2 tablespoons plain flour
- 15ml/1tbsp ground cumin
- 2 tablespoons Moroccan spices, e.g. Ras El Hanout (available in the spice aisle at larger supermarkets)
- 3 tablespoons rapeseed or olive oil
- 2 medium onions, peeled and finely sliced
- 2 large garlic cloves, peeled and finely chopped or crushed
- 600ml [beef bone broth](#)
- 1 x 400g can chickpeas, drained
- 3 tablespoons greek yogurt
- 2 tablespoons chopped mint
- handful of pomegranate seeds

Method

1. Place the flour in a large, clean, plastic food bag, season and add the cumin and Moroccan spices. Gently toss the beef cubes in the seasoned flour to coat
2. Preheat the oven to 170°C, 160°C, Fan, Gas Mark 3
3. Heat 2 tablespoons oil in a large non-stick frying pan and brown the beef in batches. Transfer to a large ovenproof casserole dish
4. In the same frying pan add the remaining oil and cook the onions and garlic for 2-3 minutes then transfer to the casserole
5. Add the stock, bring to the boil, cover and cook in the oven for 2½ hours, or until the beef is tender. Alternatively, cook the stew on the hob for 2-2½ hours
6. 15 minutes before the end of the cooking time add the chickpeas and return to the oven
7. Garnish the stew with yogurt and mint and serve with steamed couscous, rice or mash