



Organic  
**HONEY DEW**  
Refreshing Golden Beer

## LAMB TAGINE made with ORGANIC HONEY DEW

Serves 4

### Ingredients

- 500ml Organic Honey Dew
- 1 kilo lamb neck chops or chump chops
- 50ml vegetable oil
- 50g butter
- 800g onion, finely chopped
- 5 cloves garlic, crushed
- 30g ginger, peeled and finely chopped
- 1/2 teaspoon of salt
- 1 dessertspoon of cumin powder
- 2 dessertspoons of coriander powder
- 1 teaspoon of cinnamon powder
- 1 tablespoon of tomato puree
- 125g dried apricots, cut in quarters
- 125g dried dates, cut in quarters
- 600g potatoes peeled and cut into 4cm chunks

*A hint of zesty sweetness from the Organic Honey Dew adds a special touch to this classic dish.*

### Method

- Pre-heat oven to 160°C, gas mark 2.
- In a heavy-based frying pan, heat the oil until hot and fry the lamb chops to brown on all sides. When brown set aside, saving a little of the oil in the pan.
- In an oven-proof dish with a tight fitting lid, or a cast iron tagine dish, heat the saved oil and butter over a gentle heat. Add the onion, garlic, ginger and salt and sweat until it is soft and translucent - about 7 minutes.
- Add the cumin, coriander and cinnamon powder and continue to cook for a further 5 minutes.
- Stir in the tomato puree and the Organic Honey Dew and bring to the boil.
- Add the diced apricots and dates.
- Place the browned lamb into the pan, cover and cook in the pre-heated oven for 45 minutes.
- After 45 minutes, stir in the potato chunks and return to the oven for 1 hour.
- Serve with cous cous flavoured with toasted pine nuts.



### COOK'S TIP

The tagine will improve in flavour if left until the next day and reheated.

