

Slow-baked Moroccan Lamb with Couscous



what you need

- 1 John Penny shoulder of lamb
- 2tbsp olive oil
- 1 clove garlic, crushed and diced
- 1 red chilli, diced
- 5cm fresh ginger
- 2 onions, thickly sliced
- 1 red pepper, cut into strips
- pinch saffron
- 1tsp cinnamon
- ½tsp paprika
- 3 preserved lemons
- 200ml water
- Couscous and salad to serve

Cooking time: 2 hrs 15 mins

Serves: 4

how to cook

- 1 Heat oven to Gas 4, 180°C, fan 160°C, 350°F.
- 2 Cut the lamb into cubes, removing excess fat and skin.
- 3 In an ovenproof dish, sauté lamb in oil until lightly browned.
- 4 Remove and put garlic, chilli, ginger, onions and pepper into dish.
- 5 Sauté gently for 6 minutes, then return lamb to the dish.
- 6 Add the other spices, lemons and water and mix well. Put in oven and cook for 1½ hours.
- 7 Remove from oven and serve with couscous and salad.