

Lamb and Dried Fig Tagine (*from the National Honey Board*)

Ingredients:

1 cup - onion, chopped

1 teaspoon - Moroccan spice blend, (ras el hanout – this is a Middle Eastern spice blend – usually hot pepper, cumin, turmeric – can use your imagination)

½ teaspoon - ground turmeric

½ teaspoon - ground cinnamon

1½ to 2 pounds - lamb sirloin, trimmed and cubed (1 inch)

½ teaspoon - salt

Freshly ground black pepper

1 (15-ounce) - can diced tomatoes with juices

½ cup - unsalted chicken broth

12 - dried Mission figs, prunes, or apricots

1 cup - carrot, cut into ½-inch pieces

2 tablespoons - honey

1 tablespoon - diced preserved lemon , or 1 teaspoon finely chopped lemon zest

2 tablespoons - cilantro, finely chopped

Directions:

Heat the olive oil in a large Dutch oven or a braising pan. When it is hot enough to sizzle a piece of onion, add the onion, Moroccan spice blend, turmeric, and cinnamon.

Cook, stirring, for about 5 minutes, or until the onions are translucent.

Add the lamb and sprinkle with the salt and a generous grinding of pepper. Cook the meat, turning, for about 5 minutes, or until lightly browned.

Add the tomatoes and chicken broth and heat to boiling. Reduce the heat to low, cover, and cook for 30 minutes.

Add the figs and carrot. Cover and cook for about 30 minutes longer, or until the meat is tender.

Stir in the honey and lemon. If there is too much liquid, turn the heat to high and boil for about 5 minutes, or until the liquid is reduced. Taste the sauce and add more salt and pepper if needed.

Sprinkle with cilantro and serve.

<http://www.honey.com/recipes/detail/11/lamb-and-dried-fig-tagine>