

Lamb and Pear Tagine

with couscous

- 3 # Lamb shoulders, cleaned and cut into 1-2" cubes
- 3 Tbs. **Ras al Hanout**
- Salt and pepper to season meat
- Approximately 2 C. Flour
- 3-4 Tbs. Clarified butter
- 1 Tsp. Saffron
- ¼ C. Honey
- 2 C. Diced onions
- Water to cover (stock muddies the flavor)
- 2 Tbs. Minced ginger
- ¼ C. Chopped parsley
- ¼ C. Chopped mint
- 1 Tbs. Salt
- 3 C. Peeled and large diced fresh pear, should be under-ripe
- ½ C. Toasted pistachios
- Fresh mint leaves to garnish
- Couscous

Ras Al Hanout

- 1 Tbs. Coriander seeds
 - 2 tsp. Cumin seeds
 - 3 ea. Whole cardamom pods
 - 1 ea. Whole cloves
 - 1 Tbs. Red pepper flakes
 - 1 tsp. Grains of Paradise
 - 6-8 ea. Whole black peppercorns
 - 1 tsp. Ground cinnamon
 - 4-5 ea. Grates (on nutmeg grater) of whole nutmeg
 - 1 tsp. Ground ginger
 - 1 tsp. Ground turmeric
1. Place whole spices in mortar and pestle. Grind coarsely.
 2. Add ground spices. Finish grinding.
 3. Store in an airtight container!

1. Season lamb well with salt, pepper, and **Raz al Hanout**.
2. Toss in flour. Shake off excess flour.
3. Brown lamb chunks in small batches in clarified butter.
4. Place in a heavy casserole with a tight fitting lid. Add saffron, honey, onions, fruit, ginger, parsley, mint, and salt.
5. Cover with water. Cover with lid.
6. Place in 325 oven. Cook 1 hours.
7. Add pears. Cook approximately half an hour longer or until lamb is tender.
8. Adjust seasonings.
9. Serve with hot couscous. Sprinkle with toasted pistachios and fresh mint.