



Lamb Tagine Soup

(makes 4 servings)

If you have never visited Morocco, the wonderful aromas in this soup will have you booking the next flight! The relatively-long, slow cooking time ensures that the lamb is very tender and the apple gives it a slight sharpness which cuts through the spices giving it a warm delicate flavour.

Ingredients

- 1 tablespoon oil
- 250g lean lamb shoulder, cut into cubes (keep a little of the fat on - it really enriches the sauce)
- 1/2 teaspoon paprika powder
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground turmeric
- 1 leek, well-washed, thick green tops removed and finely sliced
- 250g parsnip, peeled, core removed and diced
- 250g carrot, peeled and diced
- 1/2 cooking apple, peeled, cored and diced
- 1.2 litres lamb stock
- 1 x 400g tin chopped tomatoes
- 30g brown rice
- Salt and pepper
- 4 good sprigs of fresh parsley, roughly chopped

Method

Warm the oil in a soup pot over a medium heat and quickly brown the lamb, stirring vigorously.

Add the paprika, ginger, cinnamon and turmeric and stir well to coat the lamb.

Add the leek, parsnip, carrot and apple and stir then reduce the heat to low, cover and allow everything to sauté very gently for 10-15 minutes.

Add most of the stock and the tomatoes, bring to the boil, add the rice, reduce the heat and simmer for a further 45 minutes or until the rice is cooked and the carrots are very tender.

Add the remainder of the stock if it is too thick.

Season to taste, stir the parsley through and serve as it is or use a hand blender to mash the soup a bit.

If you are keeping the soup until the next day you may have to add more stock/water as the rice will have plumped up and thickened it.