



BLOSSOM'S ORGANICS MOROCCAN (RAS EL HANOUT)



Blossom's Organics Moroccan Blend can be used to flavour roasted vegetables, rice dishes, legumes, soups and wherever your imagination might take you. Since there are no additives, fillers or salt, a little goes a long way, so please use sparingly to taste.

MOROCCAN LAMB/MEAT TAGINE

For approx. 1 kg of lamb cooked in a tagine cooking pot or slow cooker.

This blend can be used for other meats such as chicken, vegetables and pulses.

INGREDIENTS

- 1 - 2 tbsps **Blossom's Organics Moroccan Blend**
- 1 kg lamb shanks or lamb pieces
- ¼ - ½ cup olive oil for frying shanks or meat
- 2 large onions
- 1 tin organic tomatoes or fresh tomatoes (if available).
- Garlic cloves (optional)
- Approx. ½ - 1 preserved lemon cut in slices or juice of a lemon
- Lemon rind to taste
- 1 - 2 cups of water
- Salt to taste
- You can also add anything else you might like. I love a tagine with prunes, apricots, almonds, preserved lemons in chunks, chick peas, carrots and eggplant

METHOD

- Start off by browning the lamb.
- Fry sliced onions and add to lamb.
- Add **Blossom's Organics Moroccan Blend** and cook gently for a minute.
- Add 1 tin organic tomatoes or fresh tomatoes (if available).
- Add your desired extras.
- Add preserved lemon (or lemon juice) and lemon rind.
- Add 1 - 2 cups water (depending on the thickness of gravy you desire).
- Add salt to taste.
- Bring to the boil. Simmer on low heat for a few hours or until meat is very tender - approx. 2hrs.

VARIATIONS

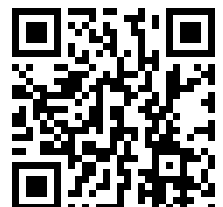
- A small bunch of chopped coriander leaves used as a garnish at the end of cooking and a dollop of good quality yoghurt before serving.

MOROCCAN FISH TAGINE WITH EGGPLANT

For approx. 1 kg of firm fish cooked in a tagine cooking pot or slow cooker.

Follow instructions as above without the meat, vegetables or pulses. Just add eggplant. Then when it's almost cooked, add cleaned sliced fish. Enjoy!

For more recipes and details visit
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