

Meat tajine with caramelised tomatoes and carrots

Preparation time: 25 minutes

Cooking time: 2 hours

Ingredients (for one person):

- 200g beef or lamb
- 1 tomato peeled, de-seeded and diced
- 1 large carrot peeled and grated
- 1 large onion
- 1 clove of garlic
- Gum Arabic
- Juniper berry
- 2 tablespoons of vegetable oil
- $\frac{1}{4}$ teaspoon of salt
- $\frac{1}{4}$ teaspoon of ginger
- $\frac{1}{4}$ teaspoon of turmeric
- 2 tablespoons olive oil
- a pinch of saffron
- 1 cinnamon stick
- $\frac{1}{4}$ teaspoon meat spice mix
- 2 teaspoons of cinnamon
- 2 table spoons of sugar.
- 1 stick of cinnamon.
- 1 tablespoon unsalted butter
- orange blossom water
- toasted sesame seeds

Preparation

Place the beef in a tajine with the finely diced onion, pasted garlic and all the spices: ginger, turmeric, salt, saffron, a stick of cinnamon, meat spice mix and 2 tablespoons of olive oil. Mix well so that the meat is well-coated in the marinade. Place the cinnamon stick in the middle on top.

On a medium heat, open the tajine when the cover is hot to turn the beef, let it sear for about 10 minutes then turn it back over.

Check if the onion has released sufficient water. If not, pour some hot water around the perimeter of the tajine up to the lip, not directly on the meat, semi-cover and allow to come to the boil. Fully cover the tajine and leave to cook for 1.5 to 2 hours or until the beef is tender.

While the meat cooks, put the diced tomato in a saucepan with a tablespoon of vegetable oil and let cook for about 20 minutes on a low heat open to evaporate the liquid. Add 1 tablespoon of unsalted butter and let cook until the tomato is reduced and thickened. Add all the ingredients for caramelising: 1 teaspoon of cinnamon, pinch of gum Arabic and crushed juniper berry, 1 tablespoon sugar. Allow to caramelise for about 10 minutes (stir from time to time);

Put the grated carrots in a saucepan with 1 tablespoon of vegetable oil and let cook on a low heat for about 15 minutes covered. Then add 1 tablespoon of butter and let cook until the carrot mixture is reduced. You can now add all the ingredients for caramelising plus the orange blossom water and follow the same procedure as you did with the tomatoes, caramelising the carrots until soft.

Check the meat is cooked with a fork and spoon the caramelized tomato on top of the meat in the middle. Create three balls of carrots and arrange around the perimeter of the tajine. Sprinkle the toasted sesame seeds (prepared in a dry frying pan) on top of the tomato and serve immediately.

Enjoy your tajine!