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BEEF TAGINE with Sultanas

Ingredients:

2 tbsp Olive Oil
2 chopped Onions
1 tsp ground Ginger
1 tsp ground Cinnamon
1 tsp Turmeric
1 tsp Paprika
½ tsp Chilli powder
1 kg Chuck Beef / Rib Steak cubed
1 tbsp Honey
Salt & Pepper
150g Sultanas
Tin of Plum Tomatoes
Enough Stock or Water to cover the meat
3 Garlic Cloves chopped

To garnish: chopped coriander & finely sliced red chilli

Preparation:

Heat an oven to 180 deg.
Place the meat in a large bowl.
Mix in the spices and ensure all the meat is coated.
Heat 1 tbsp of the oil in a large heavy based pan and brown the onions & fry off the garlic.
Then place them both in a casserole dish.
Heat the other tbsp oil in the pan and brown the meat in batches.
Transfer the browned meat to the casserole dish.
Add the honey, sultanas & plum tomatoes to the casserole dish.
Season with salt & pepper.
Pour in enough stock or water to cover the meat.
Stir well and bring to the boil.
Transfer to the oven for approx 1 and half – 2 hrs until the meat is very tender.

Serve with rice or couscous.

And a yoghurt dip.