

Moroccan Lamb with Quince

By Chef Uma

INTRODUCTION

This is a great autumn dish which is packed with flavour. The spices make it very warming and they work really well with the fragrant quince. Best of all, it is not too complicated to make and the slow cooking makes the lamb so tender.

SERVES 4

INGREDIENTS

1 kg shoulder of lamb cut into large dice
500ml lamb or beef stock
1 dessertspoon cornflour
3 tbsp sunflower oil
2 tsp ground coriander
2 tsp ground cumin
1 tsp ground cinnamon
½ tsp chili flakes or cayenne pepper
2 onions
8 fat garlic cloves
50g fresh ginger root
large handful fresh coriander
1 tsp salt
1 tsp brown sugar
2 quince
large knob of butter
1 heaped tbsp soft brown sugar



METHOD

Preheat the oven to 150C/Gas 2.

Roughly chop the onion, garlic and ginger, tip into a food processor and pulse into small pieces.

Tip the mixture into the casserole dish with 3 tbsp sunflower oil and fry gently for a few minutes.

Next, stir in the diced lamb and all the spices and continue to fry until the meat is thoroughly coated. Now pour approximately 500ml stock over the lamb or enough so it just covers the meat and bring to the boil. Cover with a lid then slide onto the middle oven shelf and leave to cook gently for 1½ hours.

When the lamb is soft and tender, spoon off any surface fat then make a paste with the cornflour and a little water and stir into the casserole. Season with 1 tsp each of salt and brown sugar then return the casserole to the oven.

Peel and core the quince and chop into quarters. Place in a small saucepan and cover with boiling water and boil briskly for 2 minutes or until just tender.

Tip the quince into the sieve and leave to drain. Now drop a large knob of butter and 1 tbsp brown sugar into the saucepan and return to the heat, once melted and bubbling return the quince to the pan and sauté gently until all the pieces are golden. Then take off the heat.

Finely chop the coriander. Take the casserole out the oven, sprinkle over the coriander, stirring it into the lamb then and arrange the quince quarters over the top and serve.