



# Lamb Tagine with Peas and Fennel

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Start to Finish Time: 4 hours 20 minutes

Preparation Time: 20 minutes

Cooking Time: 4 hours

Source: Inspired By [moroccanfood.about.com](http://moroccanfood.about.com)

Description: An awesome Moroccan tagine dish.

Categories: Tagine

Servings: 5

## Ingredients

2 1/2 lbs Lamb, Beef or Goat  
1 med Onion, chopped  
4 med cloves Garlic, chopped fine  
2 T Harissa™  
3/4 c dried Raisins or sliced dried Apricots  
2 t Sea Salt  
1 T fresh, grated Ginger  
1 t fresh ground Tellicherry Pepper  
2 t Turmeric  
1 t Saffron Threads  
2 T chopped fresh Parsley  
1/4 c chopped fresh Cilantro (coriander)  
1/2 c Olive Oil  
1 lb frozen Peas  
1 lb Fennel Bulb, halved or quartered  
10 sm Heirloom Carrots, trimmed but not cut  
2 Preserved Lemons, sliced

## Directions -

Pre-heat oven to 350° F

Scatter the onions, garlic, Harissa, raisins or apricots, spices and herbs across the bottom of the tagine. Arrange the meat (bone side down) in the center and then arrange the peas and fennel around the meat. Lay the carrots around the meat. Add 3 cups of water, cover and place the tagine on a diffuser - or in the oven at 350° F - over medium low heat.

Allow the tagine to slowly reach a simmer then cook for 3½ to 4 hours (lamb may take longer) until the meat is very tender and the liquids are reduced to a thick sauce.

The last half-hour, put the preserved lemon on the meat in the tagine.

During the cooking you may add a little water if you feel it's necessary, but otherwise leave the tagine undisturbed and avoid the temptation to cook with a higher heat. Serve directly from the tagine, which will hold the food warm for up to an hour.

Notes: In this Moroccan tagine, the addition of fennel (bisbas orbesbas in Arabic) adds delicate flavor and subtle contrast to the classic preparation of lamb with peas, saffron and ginger. Beef or goat may be substituted for the lamb.