



THE
GOURMET
GOAT
FARMER

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Goat & Apricot Tagine

A delicious Moroccan inspired dish to serve four people. Really simply, it only takes 15 minutes to prepare, so a great recipe for any kitchen!

Ingredients

- A splash of olive oil
- 500g diced goat off the bone
- 2 small onions, thinly sliced
- 1 ½ tsp ras-el-hanout
- 1 cinnamon stick (about 5 cm long)
- ½ tsp salt
- 1 ½ tbsp tomato puree
- 4 carrots, chopped
- 12 dried apricots (unsulphured)
- 1 can of chickpeas (400g), drained
- Freshly ground black pepper to taste
- A handful of coriander, chopped

Method

1. In a large pan, heat the olive oil and then add the goat.
2. Cook until browned on all sides.
3. Add the onion and cook until it has softened.
4. Stir in the ras-el-hanout and cook for another minute.
5. Then add the tomato puree, cinnamon stick, carrots, apricots, salt and 600ml water. Cover and simmer for 2 hours.
6. Add the chickpeas and cook for a further 30 minutes, or until the goat is really tender. If the sauce is too thin, remove the lid to reduce the liquid.
7. Add freshly ground black pepper to taste.
8. Serve scattered with the chopped coriander, and couscous and leafy salads on the side.