



MOROCCO

DINNER

[PRINTABLE RECIPE PDF](#)

Moroccan Lamb Tagine with Prunes

Tagine is a traditional Moroccan dish named after the earthenware pot in which it is cooked. This dish symbolizes the rich culinary heritage of Morocco, blending

PREP

20 min

COOK

120 min

SERVINGS

4

DIFFICULTY

Medium

SHOPPING LIST

Ingredients

- **1.5 kg** lamb shoulder, cut into chunks
- **2 tablespoons** olive oil
- **1 large** onion, finely chopped
- **3 cloves** garlic, minced
- **2 teaspoons** ground ginger
- **1 teaspoon** ground cinnamon
- **1 teaspoon** ground cumin
- **1 teaspoon** ground turmeric
- **1 teaspoon** paprika
- **1 liter** chicken or beef stock
- **300 g** prunes, pitted
- **200 g** almonds, toasted
- **2 tablespoons** honey
- **salt** to taste
- **pepper** to taste

WHY THIS WORKS

About this recipe

A printable Moroccan Lamb Tagine with Prunes recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Tagine is a traditional Moroccan dish named after the earthenware pot in which it is cooked. This dish symbolizes the rich culinary heritage of Morocco, blending sweet and savory flavors that reflect the diverse influences of Berber,

SHOPPING LIST

Ingredients continued

- fresh coriander for garnish

ORIGIN & TRADITION

Mediterranean context

Tagine is a traditional Moroccan dish named after the earthenware pot in which it is cooked. This dish symbolizes the rich culinary heritage of Morocco, blending sweet and savory flavors that reflect the diverse influences of Berber, Arab, and Mediterranean cuisines.

METHOD

Step-by-step instructions

1

In a large tagine or heavy pot, heat the olive oil over medium heat. Add the chopped onion and sauté until translucent. Stir in the garlic, followed by the ginger, cinnamon, cumin, turmeric, and paprika, cooking for another 2 minutes until fragrant.

2

Add the lamb chunks to the pot, browning them on all sides. Season with salt and pepper. Pour in the stock and bring to a simmer. Once simmering, reduce the heat to low, cover, and let it cook for about 1.5 hours until the lamb is tender.

3

Stir in the prunes, honey, and toasted almonds, then cover and let simmer for an additional 20 minutes. Adjust seasoning to taste.

4

Serve hot, garnished with fresh coriander, alongside traditional Moroccan bread or couscous.

CHEF'S TIP

To enhance the flavors, let the tagine sit covered for 30 minutes after cooking to allow the spices to meld together.

NUTRITION PER SERVING (EST.)

Calories	550 kcal	Fat	25 g
Protein	35 g	Fiber	5 g
Carbohydrates	40 g	Sodium	700 mg

SERVING SUGGESTION

Serve the tagine warm with a side of fluffy couscous and a fresh salad of tomatoes, cucumbers, and herbs to balance the rich flavors.

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