

BEEF SHIN & DATE TAGINE

Serves 4



INGREDIENTS:

600g shin of beef
2 onions
½ a bunch of fresh coriander
Olive oil
1 x 400g tin of chickpeas
1 x 400g tin of plum tomatoes
800ml organic beef stock
800g butternut squash
100g dates
2 tablespoons flaked almonds
Small glass of good quality red wine

SPICE RUB:

1 level tablespoon ras el hanout spice mix
1 level tablespoon ground cumin
1 level tablespoon ground cinnamon
1 level tablespoon ground ginger
1 level tablespoon sweet paprika

1. Mix all the spice rub ingredients together in a small bowl with a good pinch of sea salt and black pepper
2. Put the beef into a large bowl, massage it with the spice rub, then cover with clingfilm and place in the fridge for a couple of hours, preferably overnight
3. When you're ready to cook, peel and finely chop the onion, and pick the coriander leaves, finely chopping the stalks
4. Heat a generous lug of oil in a tagine or casserole pan over a medium heat, add the meat and fry for 5 minutes to seal. Add the onion and coriander stalks and fry for a further 5 minutes
5. Drain and tip in the chickpeas, followed by the tomatoes, breaking them up with a spoon, then pour in 400ml of stock and stir well, add the wine. Bring to the boil, then cover and reduce to a low heat for 1½ hours
6. Meanwhile, deseed and chop the squash into 5cm chunks, then destone and roughly tear the prunes. Toast the almonds in a dry frying pan until lightly golden, then tip into a bowl
7. When the time's up, add the squash, dates and remaining stock. Give everything a gentle stir, then pop the lid back on and continue cooking for another 1½ hours. Keep an eye on it, adding splashes of water, if needed
8. At this stage, remove the lid and check the consistency. If it seems a bit too runny, simmer for 5 to 10 minutes, more with the lid off - the beef should be really tender and flaking apart now, so have a taste and season to taste
9. Scatter the coriander leaves over the tagine along with the toasted almonds. Serve with a flat breads, dive in and savour a glass of Bernateau

*Bon
appetit*

*Recipe by
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Wine is always the answer. Don't worry about the question.

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CELLAR