

## Lamb Backstrap, Shank & Apricot Tangine with Cous Cous

by Neal Jackson; Multi Award Winning Chef & Owner of Jackson's Restaurant, Perth.

(4 portions)

### INGREDIENTS:

2 x Amelia Park lamb shanks  
 1 x Amelia Park lamb backstrap  
 1 x onion diced  
 1 x carrot diced  
 1 x celery stick diced  
 2 x garlic cloves chopped  
 1/3 cup whole almonds (roasted)  
 2Tbsp almond meal  
 1/3cup dried apricots  
 1/3cup pitted dates  
 1tsp seeded mustard  
 1Tbsp tomato paste  
 1tsp zataar spices  
 1Tbsp paprika  
 1tsp ground cumin  
 1tsp ground coriander  
 1/4tsp chilli powder  
 1 cinnamon quill  
 250ml verjuice  
 500ml lamb or chicken stock  
 4Tbsp yoghurt  
 Salt & pepper  
 Olive oil  
 Instant couscous



### METHOD:

- Pre heat oven to 130 dC
- Mix together paprika, cumin, coriander, & chili with a little salt & pepper & rub into lamb shanks
- On the stove top over a medium heat place a oven proof casserole dish with a little olive oil brown the lamb shanks, pour off the oil and add any remaining paprika mix, onion, carrot, celery, garlic, tomato paste, cinnamon, apricots, dates, verjuice & stock.
- Bring to the boil, cover & place in the oven until cooked about 1 ½ to 1 ¾ hours.
- When tender remove from the oven & leave to cool slightly, strain the cooking liquid into a sauce pan put back on the stove and reduce by 2/3, while that is happening pull the meat from the bones, when sauce has reduced put back the meat & veg & keep warm.
- Now season the lamb loin with salt & pepper & cook in a little olive oil to your required doneness, spread with the seeded mustard, mix the zataar & almond meal and press onto the mustard drizzle over a little olive oil and place under the grill and lightly brown, cut into slices.
- Cook the couscous according to the packet instructions.
- To serve place a spoonful of coucous in the middle of 4 plates place sliced lamb around and a spoonful of the shanks on the couscous, dob of yoghurt on top & sprinkle of roasted almonds.