

TUNISIAN OKRA AND CARROT TAGINE





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Preparation time: 20 minutes

Cooking time: 45 minutes

Serves: 4-6

2 leeks, sliced
2 sticks celery, finely sliced
12 cloves garlic, sliced
¼ cup extra virgin olive oil
8 carrots, peeled and chopped
1 cup dried barberries
1 Tbsp ras el hanout spice mix
1 Tbsp ground turmeric
2 tsp ground cinnamon

1L chicken stock
2 cups okra, sliced
10cm piece ginger, cut into very fine batons
sea salt flakes and freshly-ground black pepper
herbed yoghurt, pomegranate seeds and sliced shallots, to serve

1 Fry the leeks, celery and garlic in half the olive oil in a large saucepan over a moderate heat. Once softened, add the carrots, barberries and spices, cook briefly, then pour in the stock. Simmer for 30 minutes.

2 Pour the remaining oil in a pan over a high heat and fry the okra and ginger, until lightly blacked. Add to the saucepan and season with salt and pepper. Serve with herbed yoghurt, pomegranate seeds and sliced shallots.

Chef's notes: Barberries can be replaced with dried Goji berries (health food aisle) or dried cranberries if you are finding them hard to find.

