

SPICED VEGETABLE TAGINE (SERVES 4)

PREPARATION TIME 15 minutes, COOKING TIME 40 minutes, FREEZING Suitable (without couscous)

Ingredients

- 225 g (8 oz) couscous
- 4 tbsp olive oil
- 2 garlic cloves, peeled and crushed
- ½ tsp chilli flakes
- 1 onion, peeled and chopped
- 2 tsp ground coriander
- 2 tsp paprika
- 1 tsp each ground cumin, turmeric and cinnamon
- 2 medium potatoes, peeled and cubed
- 2 large carrots, peeled and sliced
- 225 g (8 oz) celeriac, peeled & cubed
- 400 g (14 oz) can chick-peas
- 300 ml (10 fl oz) tomato juice
- 2 tbsp tomato purée
- 1 tbsp chilli sauce (only if you want it very 'hot')
- 4 oz sultanas
- salt and pepper
- 3 tbsp chopped fresh coriander

Heat the oil in a saucepan and fry the garlic, chilli flakes, onion and spices for 10 minutes. Add the potatoes, carrots and celeriac and continue to fry gently for a further 5 minutes.

Stir in the chick-peas with their liquid, together with the tomato juice, tomato purée and chilli sauce. Bring to the boil. Cover, reduce the heat slightly and simmer for 20 minutes.

Stir in the sultanas and cook, covered, for a further 10 minutes.

Meanwhile, cook the couscous according to the packet instructions. Season the stew to taste, stir in the chopped coriander and serve with the couscous and extra chilli sauce, if wished. If you possess a double boiler steam the couscous over the stew which will impart a lovely flavour to the couscous as it cooks.

For meat eaters, lamb makes a delicious addition to this stew. Cube 450g (1 lb) lean lamb, seal the meat in hot fat until well browned, then add the garlic, onions and spices and continue as above. For a cheaper (and more Moroccan) version change half the lamb to chicken breast.