

GREAT TASTES

HEALTHY COOKING FROM CANYON RANCH



Great Tastes Healthy Cooking From Canyon Ranch

Michael Rajnik



Great Tastes Healthy Cooking From Canyon Ranch:

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web tajine also known as tagine refers both to the rich moroccan stews and the cooking vessel used to make them when referring to the cooking vessel it is a round and shallow clay or ceramic casserole with a tall pointy conical lid

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web remove from heat add apricots and let sit at least 15 minutes heat oven to 325 degrees in a tagine dutch oven or heavy bottomed pot with a tightfitting lid warm 2 tablespoons oil over medium heat until hot working in batches add lamb to pot leaving room around each piece this will help them brown

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the mixture at this step concentrating the seasoning on the onions so the spices will meld with the oil and liquids to make a rich flavorful sauce the reserved spices will be used to season the vegetables