

Kid Shank & Quince Tagine



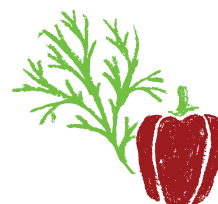
Ingredients for the meat

- 4 kid shanks
- 1 tsp salt
- 2 skinned tomatoes, crushed
- 2 medium onions, peeled and diced
- 3 garlic cloves, peeled and finely chopped
- 50gr butter, melted
- Pinch chilli flakes
- 1 tsp cumin seeds - toasted and ground
- 1 tsp coriander seeds - toasted and ground
- 1 tsp ground ginger
- 1 small cinnamon stick
- 1 large bunch coriander, leaves chopped, stalks reserved
- 350ml stock or water - warmed
- 10 saffron threads, soaked in the stock for 20 minutes

Ingredients for the quince

- 2 quinces, peeled and quartered
- 6 tbsp raisins
- 50gr honey
- ½ tsp ground cinnamon
- 1 tbsp butter

- Serves 4 -



**Recipe by James Whetlor,
Cabrito Goat Meat**

In aid of
**END HUNGER >>> GROW FARMING
FARM AFRICA**

James has kindly created a delicious recipe using some of the ingredients that will be grown in urban vegetable gardens in schools and youth clubs in Nairobi, Kenya with the help of the charity Farm Africa. These nutritious vegetables will improve young people's diets and set them up for a brighter future! The gardens are the focus of Farm Africa's #GivingTuesday campaign.

www.farmafrica.org/GivingTuesday





Directions:

1. In a bowl mix together the meat, salt, tomatoes, onions, melted butter and spices. Cover and refrigerate for a couple of hours or over night.
2. To cook, put the marinated meat in a large saucepan, and cook the mix over a moderate heat uncovered for 20 minutes stirring occasionally.
3. Stir in the water or stock, saffron and half the coriander stalks; cover and simmer gently over a low heat for about 2 ½ - 3 hours or until the shank meat is meltingly tender. Top up a bit with water if the sauce looks dry.
4. While the shanks are cooking, bring a small saucepan of water to the boil with the honey and raisins and poach the quince until just tender, drain.
5. When cooked remove the shanks from the sauce and keep warm. Remove excess fat from the sauce and add the quince liqueur to taste. Season with salt to taste, and return the meat to the sauce.
6. Heat 1 tbsp butter over a moderate heat in a frying pan. Add quince, sugar and cinnamon. Fry on both sides until golden and glazed all over. Add the raisins and toss gently together and pour over the meat.
7. Serve in a warm serving dish scattered with the rest of the coriander.

Enjoy!