Lovereading.co.uk
Helping you choose your next book

You loved your last book...but what are you going to read next?

Using our unique guidance tools, Love**reading** will help you find new books to keep you inspired and entertained.

Opening Extract from...

Tender: Volume II

A cook's guide to the fruit garden

Written by Nigel Slater

Published by Fourth Estate

All text is copyright © of the author

This Opening Extract is exclusive to Love**reading**.
Please print off and read at your leisure.

A tagine of lamb with apricots

Of all the fruit and meat marriages, this is the one that appeals to me most. Meat, spices and apricots probably work better together than any combination since roast pork and apple sauce.

enough for 4
diced lamb shoulder – 1kg
ground cinnamon – 2 teaspoons
ground cumin – 2 teaspoons
ground turmeric – 2 teaspoons
sweet paprika – a tablespoon
hot paprika – a teaspoon
olive oil – 2 tablespoons
onions – 3
garlic cloves – 4
sultanas – 60g
honey – 2 tablespoons
saffron stamens – 1 teaspoon
stock – 750ml
chopped tomatoes – two 400g cans
apricots – 350g
a preserved lemon
coriander leaves – a handful
mint leaves – a small handful

Toss the cubed lamb in half the ground spices and leave for at least four hours. Overnight would be ideal.

Set the oven at 160°C/Gas 3. Warm the olive oil in a deep, heavy-based casserole and add the seasoned meat in small batches. Remove when it is browned nicely on all sides. Peel and roughly chop the onions, then peel and finely slice the garlic. Add to the pan with the remaining spices and allow to soften and colour lightly. Stir regularly over a moderate heat so that the spices flavour the onions but do not burn.

Add the sultanas, honey, saffron stamens, stock, tomatoes and apricots, then return the meat to the pan. Bring to the boil, season with salt and black pepper, then cover with a lid and place in the oven. Cook for two and a half hours.

Cut the preserved lemon in half and discard the interior pulp. Finely chop the skin and stir into the tagine. Lift out the meat with a draining spoon and boil the sauce over a high heat till it is reduced and thick, then stir in the roughly torn coriander and mint leaves. Return the meat to the sauce and serve.

