

# BEEF TAGINE

Last Modified: 11/10/2019

PREP: 1 Hr 30 Min  
COOK: 4 To 7 Hrs  
STOVETOP SLOW COOKER  
**MAKES 8 SERVINGS**

**F EASY**

MOROCCAN

QUA	MEASURE	INGREDIENT	PROCESS
3	Pounds	Chuck Roast (3/4" Cubes)	
3	Tbsp	Olive Oil	
1	Cup	Yellow Onion	Chopped
4	Cloves	Fresh Garlic	Smashed
2	Tsp	Fresh Ginger	Microplaned
2	Tbsp	Tomato Paste (Contadina)	
1	14 1/2 Oz	Can Diced Tomatoes (Hunts)	& Juice
1	14 1/2 Oz	Can Sliced Carrots (Del Monte)	Drained
1	Quart	Beef Broth (Swanson's)	
2	Tsp	Spanish Paprika (Mild, Medium Or Hot)	
1	Tsp	Sweet Hungarian Paprika	
1/2	Tsp	Ground Saigon Cinnamon	
1/4	Tsp	Ground Turmeric	
1	Tsp	Ground Coriander	
1	Tsp	Ground Cumin	
1	15 Oz	Can Chickpeas (Drained & Rinsed)	
14	Whole	Dried Apricots	Quartered
1/4	Cup	Dried Raisins	
3	Pounds	Baby Waxy Potatoes (Reds, Gold's)	Halved
1 +/-	Pinches	Recipe: Seasoning - Ras El Hanout	To Taste

## SPICE RUB

1	Tsp	Sea Salt	
1	Tsp	Fresh Ground Black Pepper	
1	Tsp	Spanish Paprika (Mild, Medium Or Hot)	
1/2	Tsp	Ground Saigon Cinnamon	
1	Tsp	Ground Cumin	
1	Tsp	Ground Coriander	

## PREPARATION

<b>FACTOID</b>	The earthy Moroccan Spices make this exotic sweet and spicy Beef Stew to-die-for. You may freely substitute Lamb or Chicken for the Beef, but it's a bit strong flavored for Seafoods. You may also substitute Pork, but then, Moroccan it for certain won't be. . . . Normally slow-cooked in a hot Clay Tagine, but we are making do here.
<b>TOOLS</b>	1) Large Stainless Steel Skillet 2) Large Zip Loc Bag 3) 6 Quart Slow Cooker 4) Medium Mixing Bowl

# BEEF TAGINE

<b>PREP</b>	<p><b>DISH</b></p> <p>1) Smash the Garlic Cloves, chop and set them aside.          2) Microplane the Ginger and set it aside.          3) Cut the Apricots into halves/quarters (NOT too small) and set them aside.          4) Cut and trim the chosen Meat into 3/4" cubes and set them aside.          5) Halve the Potatoes and store them submerged in cold water until needed.</p>
<b>1</b>	<p><b>MEAT:</b> Add all of the listed Spice Rub ingredients into a large Zip Loc bag, close and shake to mix well. Drop the Meat in while shaking until all of the cubes have been evenly coated with the spices. Press on the sealed bag so all of the Spices adhere.</p>
<b>2</b>	<p><b>MEAT:</b> In a large stainless steel skillet over medium heat, add in the Olive Oil and heat until it just shimmers. Pour in the Meat and sear on all sides, about 10 minutes total. Do NOT allow the coating stuck in the pan bottom to burn.</p>
<b>3</b>	<p><b>MEAT:</b> Stir in the Onions and cook for 7 minutes. Stir in the Garlic and Ginger and cook while stirring until fragrant, about 2 minutes.</p>
<b>4</b>	<p><b>MEAT:</b> Add in the Tomato Paste and cook while stirring for a minimum of 3 minutes to get rid of the natural bitter taste.</p>
<b>5</b>	<p><b>STEW:</b> Stir in the Tomatoes, Beef Broth, both Paprika's Cinnamon, Turmeric, Coriander and Cumin. Bring the mixture to a rolling boil, scrape the bottom of the skillet to release any Fond stuck to the bottom. Lower the heat to a simmer. Taste for proper spices and add in enough Ras El Hanout Seasoning to your liking. Allow to simmer for 30 minutes and taste again for final seasoning.</p>
<b>6</b>	<p><b>STEW:</b> Pour the mixture into a slow cooker. Stir in the drained and rinsed Chickpeas, drained Carrots, Apricots and Raisins. Allow to cook until the Meat is fall-apart tender, about 3 hours on high or 6 hours on low. During the last 30 minutes of cooking time, stir in the drained Potatoes.</p>
<b>SERVE</b>	<p>Add a pile of Steamed Rice or Egg Noodles on a warm dinner plate. Ladle a large portion of Tagine over the top and serve while hot with pieces of crusty bread on the side.</p>