

Beef Tanjine with Almonds and Prunes - Africa

Ingredients:

3 Lb Beef	4 oz. Butter
2 T Olive Oil	2 Onions, large
1 † Salt	$\frac{1}{4}$ C Sugar or Honey
$\frac{1}{2}$ † Black Pepper	1 Lemon peel
1 † Cinnamon	1 LB dried Prunes
$\frac{1}{4}$ † Ginger	Blanched Almonds
$\frac{1}{2}$ † Saffron	Fresh Watercress or Mint
3 short Cinnamon sticks	



Instructions:

Combine the oil and ground spices in a bowl. Cut the beef into cubes.

Chop the onion finely. Mix both into the oil and spices. Let stand 1 hour.

Brown the meat lightly in the butter.

Add remaining marinade & enough water to cover. Simmer 2 hours or until meat is tender.

Plump the prunes with boiling water and let steep for 20 minutes.

Drain the prunes and cook them in a separate pot in some of the meat juices, add finely chopped lemon peel, cinnamon sticks and $\frac{1}{2}$ the sugar.

Add the remaining sugar to the meat.

Arrange the meat and prunes and their sauce on a serving dish.

Sauce: Boil the remaining liquid from the meat rapidly to reduce it by $\frac{1}{2}$. Pour reduction over the meat & prunes.

Garnish with almonds (sautéed in a little butter) and with watercress or mint. Serve with rice or couscous.

