

Tagine with Dates & Honey

Season: All

Serves: 30 tastes in the classroom or 6 at home

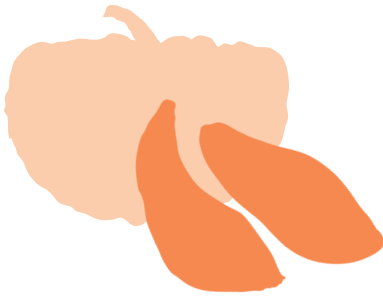
Fresh from the garden: carrot, coriander, onion, parsley, pumpkin, sweet potato

Equipment:

metric measuring scales, jug, cups and spoons
clean tea towel
chopping board
cook's knife
vegetable peeler
large, wide-based pot with lid, or a tagine
wooden spoon

Ingredients:

1 tbsp olive oil
2 onions, peeled and thinly sliced
2 carrots, cut into 1.5 cm cubes
¼ pumpkin, cut into 1.5 cm cubes
1 medium sweet potato, cut into 1.5 cm cubes
2 tbsp tomato paste
1 tsp ground ginger
1 tsp ground turmeric
2 cinnamon quills
500 ml vegetable stock
1 × 400 g tin chickpeas, drained, or 240 g soaked and cooked chickpeas
⅔ cup dried apricots, diced
8 soft, pitted dates
2 tbsp honey
salt, to taste
pepper, to taste
1 small handful of flat-leaved parsley, chopped
1 small handful of coriander, chopped



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Heat the oil in the large, wide-based pot or tagine.
3. Add the onion and cook for 5 minutes, stirring often.
4. Add the carrot, pumpkin, sweet potato, tomato paste, ginger, turmeric and cinnamon quills. Stir to combine.
5. Pour in the vegetable stock to cover the vegetables. Bring to a simmer.
6. Cover and cook gently for 20 minutes.
7. Add the chickpeas, apricots, dates and honey.
8. Add salt and pepper to taste, then simmer for another 10 minutes, until the vegetables are tender and the mixture is thick and soupy.
9. Serve in the tagine sprinkled with parsley and coriander.