MOROCCAN

Brisket with Apricots and Onions

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	**6**	**20 min**	**3 hr 15 min**	**Braise**	**Brisket**

Ingredients

- 1.5 kg (3⅓ lb) beef brisket, cut into 6 cm (2½ in) pieces
- 3 tbsp olive oil
- 3 large onions, sliced
- 4 cloves garlic, grated
- 1 tbsp grated fresh ginger
- 2 tsp ground cinnamon
- 2 tsp ground cumin
- 1 tsp ground turmeric
- 1 tsp ground ginger
- ½ tsp saffron threads, crushed (optional)
- 1½ tsp salt
- 500 ml (2 cups) water
- 200 g (7 oz) dried apricots
- 2 tbsp honey
- 50 g (⅓ cup) toasted slivered almonds
- 2 tbsp chopped cilantro, to finish

Steps

1. Mix the cinnamon, cumin, turmeric, ground ginger and salt. Toss with the beef and let sit 15 minutes.
2. Heat the oil in a Dutch oven or tagine over medium-high heat. Brown the beef in two batches, 5 minutes per batch, until deeply coloured. Remove to a plate.
3. Lower the heat to medium and cook the onions for 15 minutes, stirring now and then, until soft and golden.
4. Add the garlic and fresh ginger and stir for 1 minute. Return the beef with its juices, add the saffron, and pour in the water, scraping the bottom.
5. Bring to a boil, lower to a gentle bubble, cover, and braise on the stove or in a 160°C (325°F) oven for 2 hours.
6. Add the apricots and honey and cook uncovered for 40 minutes, until the beef is tender and the sauce is thick and glossy.
7. Taste, adding salt or a squeeze of lemon if it seems too sweet. Scatter with almonds and cilantro and serve with couscous or bread.

Notes

- **Other cuts:** blade or cross rib roast or lamb shoulder suit the same recipe.
- **Make ahead:** it holds well for 3 days and tastes better after a night in the fridge. Freezes 3 months; add the almonds and cilantro fresh.
- **Prunes:** swap half the apricots for pitted prunes for a deeper flavour.
- **Slow cooker:** brown the beef and onions as in steps 2–4, then cook on low 8 hr or high 5 hr, adding the apricots and honey for the last hour. Uncover on high to thicken.
- **Pair with:** herbed couscous, or a grated carrot and orange salad.