



MOROCCAN

Harira with Beef

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	25 min + overnight soaking	2 hr 30 min	Simmer	Shank

Ingredients

- 600 g (1½ lb) bone-in beef shank
- 100 g (½ cup) dried chickpeas, soaked overnight and drained
- 1 tbsp olive oil
- 1 large onion, finely chopped
- 2 celery stalks, finely chopped
- 1 tsp ground ginger
- 1 tsp turmeric
- 1 tsp ground cinnamon
- ½ tsp black pepper
- 1 pinch saffron threads (optional)
- 800 g (28 oz) canned chopped tomatoes
- 1.8 litres (7½ cups) water
- 100 g (½ cup) brown or green lentils, rinsed
- 1½ tsp salt, plus more to taste
- 1 large handful each cilantro and parsley, chopped
- 50 g (⅓ cup) vermicelli or broken thin noodles
- 2 tbsp all-purpose flour, whisked with 120 ml (½ cup) cold water
- Lemon wedges and dates, to serve

Steps

1. Heat the oil in a large pot over medium heat. Cook the onion and celery for 6 minutes, until soft and translucent.
2. Add the ginger, turmeric, cinnamon, pepper and saffron and stir for 30 seconds until fragrant.
3. Add the beef, tomatoes, water and drained chickpeas. Bring to a boil, then lower to a gentle simmer, cover and cook for 1½ hours.
4. Add the lentils, salt and half the herbs. Simmer for 30 minutes, until the lentils and chickpeas are tender and the beef is falling from the bone.
5. Lift out the shank, pull the meat from the bone, shred it, and return it to the pot, discarding the bone and gristle.
6. Stir in the vermicelli and cook for 5 minutes, until soft.
7. Pour in the flour slurry in a thin stream while stirring and simmer 8 minutes more, until the soup is lightly thickened and glossy.
8. Stir in the remaining herbs, taste for salt, and serve with lemon wedges and dates on the side.

Notes

- **Ramadan classic:** harira is traditionally eaten to break the fast, with dates and honey sweets.
- **Shortcut:** use 1 can (400 g) of chickpeas, drained, and add them with the lentils.
- **Make ahead:** it thickens as it stands; thin with water when reheating. It freezes for 3 months before the vermicelli goes in.