

VEAL TAJINE WITH ALMONDS AND SAFFRON PENTECOST

Ingredients (For 6 people)

- 1,2 kg middle-cut breast of veal
- 3 shallots
- 6 small new potatoes
- 1 dl water
- 15 black olives
- 150 g ground blanched almonds
- 1 tsp harissa
- 2 tbsp honey
- 3 tbsp olive oil
- 2 packets of saffron filaments
- 1 tsp cinnamon
- 1 bunch of coriander

Preparation:

Preheat the oven to 180°C.

Rinse the potatoes. Peel and chop the shallots.

In a cooking pot, heat a tablespoon and a half of olive oil, and sauté the meat. Season with salt and pepper. Once seared, remove the veal from the pot and reserve. Add the rest of the oil and shallots to the pot and sweat for 10 minutes. Bring the meat back to the pot, and add the potatoes, 15 cl of water, and the cinnamon, saffron, thoney, olives and harissa. Cover the cooking pot and bake in the oven for 1 hour and 20 minutes.

Toast the almonds in a dry pan for a few minutes. Place them in the cooking pot, along with the bound bunch of coriander, 15 minutes before the meat has finished cooking.

Before serving, remove the bunch of coriander. Adjust the seasoning. Chop a few leaves of flat parsley.

