



Moroccan Goat Casserole with Pilaf

1 tablespoon Macadamia oil
1 tablespoon ghee
2 red onions, sliced

Spice Mixture

1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon ground ginger
1 1/2 teaspoon smoked paprika
1 teaspoon turmeric
1/2 teaspoon ground chilli
salt and pepper

3 garlic cloves, chopped
750g diced Goat meat

1kg tomatoes, seeds removed and chopped
Pinch saffron
2 cinnamon sticks
500ml chicken stock
500g sweet potato, peeled and chopped into 2cm cubes
1 preserved lemon, flesh removed and cut into strips
3 tablespoons coriander, finely chopped
Harissa paste, to taste
Juice and zest of half lemon
1 tablespoons honey
Greek style plain yoghurt, to serve

Place the oil and ghee in a large saucepan or casserole pan and put it over a moderate-high heat. When the oil is hot, add the onion to the pan and cook for five minutes until softened. Add the garlic and cook for 1-2 minutes.

Place all the spice mixture ingredients in a bowl and mix together until combined. Toss the goat in the spices so that it is well coated. Add the spiced goat to the pan and seal the goat on all sides so that it is browned.

Stir in the tomatoes, saffron, cinnamon stick and enough stock to just cover the goat. Bring to the boil then reduce to a slow simmer. Leave the goat to cook for 1 hour, then add the sweet potato and preserved lemon and cook for another 30 minutes or until the meat is tender, stirring regularly with a wooden spoon (add more stock or water if the liquid is below the goat). If the stew is too watery, drain off the excess liquid into a saucepan and reduce until thickened. Then return to the stew.

To serve: Stir in 3 tablespoons of the chopped coriander, harissa paste (more or less to taste), lemon zest, juice and honey and top with yoghurt. See with Pilaf.

Pilaf over page....



Pilaf - Middle East

Pilaf is found on tables throughout the entire Middle East. There are hundreds of varieties of pilaf's from Syria to Greece - and they vary by culture, ingredients and the meat dish served with it.

1 1/2 cups basmati rice, washed	1 teaspoon turmeric
1 tablespoon macadamia oil	1 1/2 cups chicken stock
1 tablespoon butter	2 tablespoons olive oil, extra
1 brown onion, finely diced	1 tablespoon butter, extra
100gms angel hair pasta, cut into 4-5cm lengths	1/2 cup flat leaf parsley leaves, chopped
1 tablespoon ground ginger	100gms macadamias finely chopped, toasted
1 tablespoon ground cumin	

In a medium sized saucepan heat the oil and butter over a medium heat and when the butter is frothy cook the onion and pasta in a medium heat for 5 minutes or until onion is softened and pasta is golden.

Add the ginger, cumin and turmeric to the onion and pasta and cook for 1 minute, add the rice, stir to coat the grains, add the stock and bring to the boil. Cover and simmer for 12 minutes or until the rice is cooked.

Serve pilaf topped with parsley and macadamias.