

TAGINE SPICE BLEND 45g



Price: \$5.00

SKU: SKU36166

Product Categories: [Blends for Slow Cooking](#), [Herbs & Spices](#), [Rubs for Roasts, BBQ's & Grill](#), [Salt Free Blends](#), [Soups](#), [Spice & Herb Blends](#), [Sugar Free Blends](#)

Product Tags: [Moroccan & Middle Eastern](#), [t](#)

Product Page:

<https://www.herbies.com.au/shop/herbs-and-spices/spice-herb-blends/tagine-spice-blend-45g>

Product Summary

A Moroccan Tagine is a casserole and this blend gives the traditional flavour. (SML PKT)

Product Description

A Moroccan Tagine is a casserole, and this blend provides a traditional flavour. (SML

PKT)

Contains: Paprika, Coriander Seed, Cassia, Allspice, Chilli, Cloves, Green Cardamom.

Description & Use: A Moroccan Tagine is a casserole made in a peaked-lidded, earthenware baking dish, called a tagine.

Herbie's Spices Tagine Spice Blend is a beautifully balanced selection of spices that compliment the tagines. The spice blend may also be sprinkled over pieces of chicken, pork or red meats, seasoned with a little salt to taste and then grilled, barbecued or pan-fried.

Nutrition information (relates to dry spice mix only).

Per 100g

Energy (kj)

1461.90

Protein (g)

12.33

Fat (g) Total

12.89

Fat (g) Saturated

1.71

Carbohydrate (g)

36.72

Sugars (g)

15.64

Sodium (mg)

32.95

LAMB SHANKS TAGINE

(adapted from a recipe from The Criterion Restaurant, Lobby Level, MLC Centre, Sydney)

8 lamb shanks

2 parsnips, peeled and cubed

6 dates (optional)

4 carrots, chopped

3 onions, chopped finely
1 can tomatoes
2 tablespoons tomato paste
2 cups orange juice
2 tablespoons garlic puree
4 tablespoons **Herbie's Spices** Tagine Mix
salt and freshly-ground pepper
4 cups water

Coat shanks **Herbie's Spices** Tagine spice mixture and seal lightly in hot oil. Place in a large ovenproof pot, add vegetables, and remaining spice mixture and liquids. Cover with lid or foil and gently bake for one and a half to two hours in a moderate oven, or until meat is very tender. Serve with couscous or with cooked potato cubes and cauliflower florets quickly fried together in olive oil with whole cumin seeds and mustard seeds.

Serves 4 (2 shanks each).

Product Attributes

- Dimensions: N/A
- Weight: 0.05 kg