

INGREDIENTS

For the spicing (added in two stages; please read recipe below)

- 3 tbs ground cinnamon
- a generous pinch of saffron
- 3 tbs ground cumin
- 3 tbs ground coriander
- 1 tbs turmeric
- 1 tbs ginger

Combine all the spices, and divide the mixture in half. Set aside.



For the stew:

- 4 tsp vegetable oil
- 3 cloves garlic, finely chopped
- 1 thumb-sized piece of fresh ginger, peeled and finely grated
- 4 tsp butter
- 2 onions, peeled and finely chopped
- 1.5 kg stewing beef, cubed
- 3 cups stock [chicken, beef or vegetable]
- 1 cup freshly squeezed naartjie (tangerine) or orange juice
- 1 can diced tomatoes
- 8 prunes, pitted and finely chopped
- salt and freshly ground black pepper
- 2 tsp honey
- 1 cup dried apricots, roughly chopped
- a handful of flaked, toasted almonds [optional]

PREPARATION

Put the olive oil and butter into a big pot or pan and place over a high heat. When the oils have just stopped sizzling and spitting, add the onions, the garlic, the ginger, and a half-quantity of spices (see above).

Cook over a moderate heat, stirring often, until the onion softens and begins to turn golden. Using a slotted spoon remove the onion-spice mixture and set aside on a plate.

On high heat fry the beef, in batches, until it is browned on all sides.

Return the onion mixture to the pan. Pour in the stock and the orange juice, and add the tomatoes and the prunes. Season with salt and pepper. Bring to the boil, and then immediately turn down the heat.

Cook for about four to five hours, stirring every now and then.

When the sauce is rich and slightly thickened, and the meat is very tender when nudged with a fork, it's time to do the second spicing. Remove the lid, add the remaining spice mix, and stir in the apricots and the honey. Allow the dish to simmer, uncovered, for another thirty minutes.

To serve place cooked couscous into a big, warmed serving dish. Pile the beef stew on the couscous, top with toasted flaked almonds and chopped coriander.