

LA VIGNE ENTERPRISES, INC.

Distinctive Natural Gourmet Foods



Tageen of Lamb with Artichoke Hearts, Lima Beans, & Preserved Lemons

3 lbs leg of lamb or beef chuck
2 TBSP all-purpose flour
3 TBSP olive oil
1 medium onion, sliced
1 bunch cilantro
1 bunch parsley
1 tsp ground ginger
1 tsp turmeric
1/8 tsp saffron diluted in 1 cup warm water
1 can artichoke hearts, rinsed & drained, cut in half
1 package frozen baby lima beans
pepper to taste
2 **La Vigne Moroccan Preserved Lemons**, diced

Preheat oven to 350 degrees F. Cut the meat in large chunks and dredge in flour. Heat the oil in a Dutch oven. Brown the meat on all sides. Add onions, and sauté until wilted. Rinse the herbs under running water, and tie them together. Add the herbs, spices, and saffron-water to the meat, and simmer for 10 minutes. Cover the pan, and place in the oven. Bake until the meat is tender (about 1 1/2 hours). Remove from the oven and skim off the fat. Add the artichoke hearts and lima beans to the meat. Season with pepper to taste. Dice the rinds from two **La Vigne Moroccan Preserved Lemons** and add to the sauce. Bake, covered, an additional 45 minutes. Discard herb bouquet. Serve with warm Moroccan kesra bread, French bread or steamed couscous.

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