



MORGENSTER

FOUNDED 1711



WINE AND OLIVE ESTATE

ENERGY SAVING BEEF TAGINE WITH SPINACH AND OLIVES

RECIPE 50/98

What you will need:

1.5kg beef shin, cubed

100ml flour

60ml **Morgenster Extra Virgin Olive Oil**

1 onion, chopped

2 cloves of garlic, crushed

5ml ground cumin

5ml ground coriander

5ml ground allspice

2ml chilli flakes

2ml cinnamon

pinch of saffron threads soaked in 30ml boiling water

410g tin of crushed tomatoes

250ml beef stock

salt and pepper

**FLOS
OLEI
2014**

MORGENSTER
EXTRA VIRGIN OLIVE OIL
AWARDED 98%
1 OF 11 WORLDWIDE

200g spinach, trimmed and coarsely chopped

60g **Morgenster Nocellara Green Olives**, pitted and halved

30ml thinly sliced preserved lemon rind

50g coarsely chopped, roasted pistachios

How to prepare:

Coat the beef in flour.

Heat half the oil in a pressure cooker and brown the beef in batches.

Remove from the cooker.

Heat remaining oil in cooker and fry onion, garlic and spices until fragrant.

Return beef to cooker with soaked saffron, tomatoes, stock and seasoning.

Stir well.

Secure lid and bring cooker to high pressure and cook for 30 minutes.

Release pressure using the quick release.

Remove lid and stir in the rest of the ingredients.

Simmer, uncovered, for 5 minutes.

Serve with couscous.

Recipe supplied by The Star, Angela Day.