

# CHEF SIMMER SAUCE

## TAJINE SAUCE RECIPES

### Lamb and Date Tajine

Handcrafted by Chef Sophie Budd



### Ingredients

1 k lamb shoulder diced, 1 x onion sliced  
2 x tbsp oil, 200 g dates

### Steps

- heat the pan and oil then fry lamb until brown then add diced onion and fry for a further 4 minutes
- pour in sauce, 230 ml water and the dates
- lid on and cook in oven for 40 minutes at 180 C

