



North African cuisine draws inspiration from European, African, and Arabic culinary traditions. From the tagines of Morocco to the harissa-spiced dishes of Tunisia, these flavour packed recipes are perfect for any occasion. Although it is probably impossible to say where the concept of pot roasting originated, this North African brisket pot roast is packed with traditional flavours.

Ingredients:-

1 cup dried garbanzo beans, soaked overnight in water

1 medium onion, chopped

4 Carrots cut into generous slices

5 garlic cloves, chopped

1/2 cup of raisins

1/2 teaspoon black pepper

1/2 teaspoon cinnamon

1/2 teaspoon mace

1/2 teaspoon turmeric

2 lbs of brisket

2 sweet potatoes, peeled and cut into 3/4-inch slices

3 large eggs

3 -4 cups chicken stock

salt and black pepper

Method:-

1. Combine the chickpeas, onion, garlic, raisins, pepper, cinnamon, mace, and turmeric in a clay pot or casserole dish.
2. Place the meat on the chickpea mixture.
3. Arrange the sweet potatoes, carrots and whole eggs around the meat.
4. Add enough stock so the meat and eggs are nearly covered.
5. Cover the pot and place in a cold oven.
6. Set the oven temperature to 160C.
7. Cook for about 4 hours, until the meat is tender, adding liquid as needed so the eggs are always at least partly submerged.

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