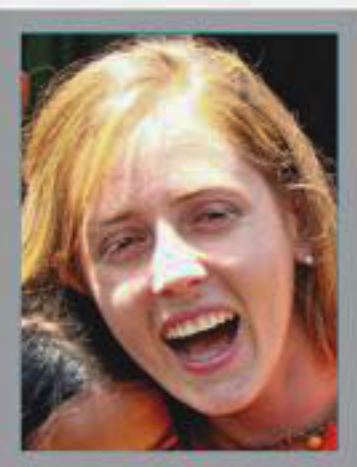


**TWO PEAS IN A POD**

BY REEMA ISLAM AND SARAH-JANE SALTMARSH



The festival of sacrifice

COME the festival of sacrifice or Eid ul Adha and it is the time to tighten belts and get ready to brave the cattle markets to buy that perfect cow, or the healthiest looking goat. A time of the year when the Abrahmic traditions stipulated by our religion allow us to slaughter, share and ultimately, eat great food! This 'Bakri Eid' or Eid el Kabir as it is called in

a deep earthen pot or casserole called a Tagine which is cooked over burning coals, so the meat within is slowly infused with the fragrances of the slow burning coals, the spices and the texture of the meat thus come out soft and tender to the touch. With their love of using dried fruits and nuts, we present a popular dish, gladly eaten during Eid el Kabir.

1 tbsp brown sugar
2 tsp ground cinnamon
1 tbsp roasted sesame seeds
Handful of fried almonds and fried onions

Method

Mix the meat with the onions, garlic, spices, and oils. Brown the meat for a few minutes over medium heat. Add 2 cups of water and the celery and bring to a simmer.

sugar and cinnamon sticks, and simmer the prunes another 10 minutes, or until they have formed a syrupy consistency. Take the cinnamon sticks out.

Put the meat on a large serving platter and spoon the prunes and syrup on top. Garnish with fried almonds and sesame seeds.

Health focus

some Arab countries, we bring to you some recipes from around the world with our usual ode to being healthy, an all out salute to taste and above all, our best wishes! Eat lightly and savour each meal.

Moroccan: Lamb or beef with prunes tagine

The Moroccans call it Eid el Kabir or the big Eid and after a very light breakfast of Herbel or a wheat and milk soup they generally cook organs like the liver, lungs or kidneys on the first day, moving on to more meat intensive recipes for the consequent days. They relish cooking their meat dishes in

Ingredients

1 kg tender beef or lamb, cut into three inch pieces
2 medium onions, finely diced
3 cloves garlic, diced
1 tsp pepper
1 tsp ginger
½ tsp saffron threads, crumbled
½ tsp turmeric
1 or 2 cinnamon sticks
½ cup olive oil
1 stick celery
250g prunes or you can use dried plums
2 tbsp honey

Cover and simmer the meat over medium heat for two hours or until the meat is very tender and breaks away easily from the bone. About halfway through cooking, remove and reserve 1/2 cup of the liquids. When the meat has cooked, reduce the sauce until it is mostly oil and onions.

The prunes

While the meat is cooking, put the prunes in a small pot and cover with water. Simmer over medium heat, partially covered, until the prunes are quite tender. Drain the prunes, and add the ½ cup of liquids reserved from the meat. Stir in the honey,

With a sensitivity to insulin levels, prunes help regulate sugar levels as well as lower cholesterol and are a super food for preventing bone decay. So stock up on those prunes and build some healthy bones.

O'sban or Ghammeh --Stuffed Intestines: Libyan style

Thus cuisine surrounding Eid Kabir ensures that every part of the sacrificial animal's body is used. And so we bring to you a dish which sounds only half as bad as it actually smells! The intestines stuffed with fragrant spices and rice result in one of the most amazing dishes but the preamble to it