

Traditional harira soup, braised lamb and coriander |

Recipe for 4 portions



Description

A tomato based soup, with beans and pulled lamb. Perfect to warm you up in winter!

Note

You can replace the kidney beans with green lentils to change it up.

Ingredients

Harira soup

- 200 Gr Leg of lamb
- 150 Gr Onion
- 1 Liter(s) Vegetable stock
- 2 Unit(s) Tomato
- 200 Gr Red beans
- 2 Tbsp Tomato paste
- 2 Clove(s) Chopped garlic
- 1 Tbsp Ras el hanout
- 50 Ml Lemon juice
- 10 Sprig(s) Fresh cilantro

- Vegetable oil

Preparation

- Preparation time **90 mins**

Preparation

Finely chop the onions and cut the tomatoes into cubes. Rinse and strain the beans. Clean and finely chop the coriander.

Soup

Start with a sauce pot, place the lamb and stock, bring to a boil and let simmer.

In a second sauce pot, sweat the onions with a good quantity of olive oil, then add the garlic and spices and cook for a minute.

Add the tomatoes and tomato paste as well as the beans. At this point you can combine the contents of both pots. Continue to simmer on low heat for 1 hour.

Plating

Remove the lamb and pull it.

Finish the soup by adding lemon juice and putting the pulled lamb back in.

Serve in a bowl with the coriander as a garnish.

Bon appétit!