Moroccan harira with lamb

Recipe for 4 portions



Description

A Moroccan tomato soup with finely diced lamb, chickpeas and lentils. Celery, parsley and cilantro flavour the broth, seasoned with ginger and turmeric. A flour and water mixture gives the soup its velvety texture.

Note

Harira should remain smooth and pourable: add the thickener gradually and thin the soup with a little hot water if needed.

Ingredients

Harira soup

- 250 Gr Leg of lamb
- 1 Can(s) Chickpea box 398 ml
- 50 Gr Green puy lentils
- 150 Gr Onion
- 400 Gr Tomato
- 50 Gr Celery
- 4 Sprig(s) Flat parsley
- 10 Sprig(s) Fresh cilantro
- 20 Gr Tomato paste
- 5 Ml Ground ginger
- 2 Ml Curcuma
- 1 Pinch(es) Cinnamon powder
- 1 Liter(s) Vegetable stock

- Olive oil
- Salt and pepper

Finishing

Soup binding (Tadwira)

- 25 Gr Flour
- 150 Ml Water

- Olive oil
- Salt and pepper

- 25 Gr Basmati rice
- 1 Unit(s) Lemon

- Olive oil
- Salt and pepper

Preparation

- Preparation time **90 mins**

Mise en place

Drain and rinse the chickpeas. Rinse the lentils and rice separately.

Cut the lamb into small cubes, about 1 cm. Peel and finely chop the onion. Finely chop the celery, parsley and cilantro. Reserve a little cilantro for serving.

Halve the tomatoes and grate the flesh, holding the skin in your hand, then discard the skin. Cut the lemon into wedges.

Cooking the soup

In a large pot, combine the olive oil, onion, lamb, ginger, turmeric, pepper and cinnamon. Stir over low heat for 2 minutes without browning the meat.

Pour in the 1.2 litres of water, bring to a boil and skim if needed. Partially cover and simmer for 20 to 25 minutes.

Add the grated tomatoes, tomato paste, lentils, celery, parsley and the cilantro intended for cooking. Season with salt and simmer for 20 minutes. Add the rice and cook for another 10 minutes before thickening the soup. Top up with a little hot water if needed.

Thickening and finishing

Whisk the flour into the 150 ml of cold water until smooth. Strain through a sieve if needed.

Add the canned chickpeas. Stir the flour mixture, then gradually pour it into the simmering soup while stirring. Stop when the soup is lightly thickened; you may not need all the mixture. Simmer for another 10 minutes, stirring regularly, to cook the flour and finish cooking the rice. Check that the rice, lentils and lamb are tender.

Adjust the salt and thin with a little hot water if needed: the soup should remain pourable.

Plating

Serve the harira hot in bowls, with the reserved cilantro and lemon wedges on the side. Add lemon juice to taste.

Bon appétit!