

annabel langbein  
The Free Range Cook  
**through the seasons.**

**menu planner for  
MIDDLE-EASTERN MAGIC**

Page 245

Radicchio, Blue Cheese and Pine Nut Salad, *Page 265*

Tender Lamb and Chickpea Tagine, *Page 280*

Israeli Couscous with Currants and Mint, *Page 288*

Carrot Salad with Pistachios, *Page 265*

Toffeed Oranges, *Page 296*

## PREP PLAN

### well ahead

- Honey Vinaigrette can be made weeks in advance and stored in a sealed container in the fridge.
- The aromatic Tender Lamb and Chickpea Tagine is the perfect make-ahead meal as it will keep in the fridge for up to four days and can also be frozen.
- Make the Honey Ginger Mascarpone to serve with Toffeed Oranges and store in fridge for up to five days.

### on the day

- Measure out ingredients for the Israeli Couscous with Currants and Mint.
- Prepare ingredients for the Carrot Salad with Pistachios.
- Prepare the Toffeed Oranges at least an hour before the meal, so the hot toffee dissolves into the fruit.
- Bring the tagine to room temperature.

## final preparations

- Combine the ingredients for the Radicchio, Blue Cheese and Pine Nut Salad and toss with dressing.
- Pop the Tender Lamb and Chickpea Tagine in the oven to reheat gently for about 30 minutes. Garnish with lemon juice and coriander before serving.
- Bring a pot of water to the boil and cook the Israeli Couscous. Stir in other ingredients and rest for five minutes before adding mint and serving.
- Finish off the Carrot Salad with Pistachios and drizzle with glaze before serving.
- End the meal with Toffeed Oranges and Honey Ginger Mascarpone.