

Lamb Masala



INGREDIENTS

500 grams shoulder of lamb, cut to bite-sized pieces

3 garlic cloves, roughly chopped

2 cm piece ginger, roughly chopped

2 tbsp vegetable oil

1 medium onion, chopped

1 tsp flaked salt

1 tsp coriander seed

1 tsp cumin seed

1 tsp black peppercorns

1 tsp fennel seed

400 gram tin of chopped tomatoes

100ml greek yogurt

Pinch turmeric powder

1 tbsp chopped coriander leaves

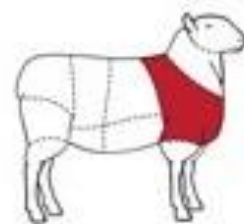
Serves 2-3

Prep time: 15 mins

Cooking time: 3 hours

Total time: 3 hours 15 mins
(optional overnight marinade)

Use diced shoulder of lamb. Also works with diced leg of lamb.



A slow braised curry where the meat is cooked very slowly in the sauce so that the lamb soaks up all the flavours of the spices. Cooked slowly the chunks of lamb are incredibly tender and will melt in your mouth. You heat the spices in hot oil first, then very slowly cook the onions. The more delicate flavours are added at the end with the lamb that is cooked slowly. Either cook on a very low heat or in the oven at about 150C for about 3 hours. More is fine. Just keep checking every now and again to ensure it has not dried out. Add a little water to it if its getting too dry. It tastes even better the next day.

INSTRUCTIONS

1. Roughly chop the garlic and ginger. Crush with the salt with a pestle and mortar or on a chopping board.
2. Stir in well with the lamb, cover and leave to marinade in fridge for 30 mins or overnight if you have time.
3. Add the coriander, cumin, fennel and black peppercorns to a frying pan. Roast on a high heat, stirring frequently and keeping an eye on it to ensure it doesn't burn (about 5 minutes).
4. Transfer to a pestle and mortar and grind to a fine powder (or use a spice mill if you have one).
5. In a large heavy-bottomed saucepan heat the oil on a medium heat.
6. Add the ground spices and cook on a high heat for 1 minute.
7. Lower the heat and add the onions. Cook on a low heat until they are golden brown and soft (around 30 minutes).
8. Turn the heat to medium-high and add the lamb and tomatoes and cook until tomatoes are bubbling.
9. Turn the heat down and leave to simmer on a very low heat for about 2.5 hours. Check and stir now and again to make sure it's not catching the bottom of the pan and is not drying out. Add a little water if it's getting dry. Alternatively transfer to oven pre-heated to 150C for 2.5 hours.
10. Once the meat is tender add the yogurt cook for another 30 minutes.
11. Check the seasoning and adjust if required.
12. Throw in the fresh coriander to serve with basmati rice or naan bread.