

Lamb Dhansak

Lamb, Lentil and Vegetable Stew

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Ingredients

500g leg of lamb, trimmed and cut into chunks

Lentil and vegetable mixture

60g toor dhal split

60g masoor dhal split

60g urid dhal split

1 small aubergine, chopped into large chunks

½ small pumpkin, chopped into large chunks (you could also use butternut squash or sweet potato)

1 medium onion, chopped in chunks

15 fresh mint leaves, chopped

Wet Paste

6 cloves garlic

3cm piece of ginger

2 chillies

Dry Spices

1 tsp cumin seeds

1 tsp coriander seeds

4cm stick cassia bark

4 green cardamoms

4 whole black peppercorns

1 tbsp dry fenugreek leaves

Masala

2 tbsp oil

2 medium onions, diced

3 tomatoes, diced

1 tsp salt

1 tsp turmeric powder

1 tbsp tamarind paste

Handful of coriander, chopped

Method

Lentil and Vegetable Mixture

01 Put all the lentils, vegetables, onions and mint into a pan with 1L of water and some salt. Bring this to the boil and leave to simmer for 20 minutes until the lentils have cooked through.

Dry Spices and Wet Paste

01 Place all the dry spices into a spice grinder and blend to a fine powder.

02 Place this powder into a blender with the garlic, ginger and chillies and grind to make an aromatic paste. Add a splash of water to loosen if required.

Masala

01 Heat the oil and start to fry the diced onions until they are golden brown (approx. 20 minutes).

02 Once the onions are browned add the spice paste along with the turmeric and fry for a few minutes until golden.

03 Add the tomatoes and tamarind then stir for about 5 minutes until the masala is thick and glossy.

04 On a high heat, stir in the lamb and coat with the masala. After about 5 minutes add the cooked lentil mixture and leave this to simmer on a low heat for about 30-40 minutes. Make sure you stir occasionally as this can catch the bottom of the pan.

05 Once the meat is tender check the seasoning and adjust if required.

06 Throw in the fresh coriander to serve.

07 Heat the oil and start to fry the onions until they are golden brown (approx. 20 minutes).



More on this recipe

<http://www.harighotra.co.uk/lamb-dhansak-recipe>

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