

Lamb Karahi Curry

Garlic and Ginger Infused Lamb

Hari
GHOTRA



Ingredients

600g leg of lamb or lamb neck fillet, trimmed and cubed

5 whole garlic cloves, peeled

1 tbsp ginger, grated

1 tsp salt

Masala

2 tbsp butter/ghee

3 fresh tomatoes, finely chopped

1 tsp turmeric

2 chillies, chopped finely

3 tsp coriander seeds, crushed

3 tsp of cumin seeds, crushed

1 tsp red chilli powder (optional)

1 onion, finely sliced

2 whole chillies, sliced lengthways

1 tsp garam masala

Handful coriander, chopped

Method

01 Place the diced lamb into a pan with garlic, ginger and salt and put the lid on the pan. Leave to cook on the lowest heat setting for 30-50 minutes until tender. Please do not worry I promise it will not burn, it will just cook gently in its own juices until it is beautifully soft and has drawn in all the garlic and ginger flavours. Stir occasionally.

02 In a karahi/wok heat the butter, add tomatoes and turmeric then fry to create a thick masala paste.

03 Add the chopped chilli, crushed cumin and coriander seeds, red chilli powder and then fry for a few minutes.

04 Stir in the cooked lamb with all the juice from the meat into the karahi/wok and begin to stir-fry with the tomato masala. After a few minutes add the sliced onions and halved chillies.

05 Stir fry the meat until the sauce thickens and you are left with it clinging to the meat entwined with delicious chunky slices of onion.

06 Sprinkle in the garam masala and a handful of coriander to serve.

Served with

This wonderful lamb dish deserves to be eaten with light fluffy rotis so you can scoop up the tender pieces of meat and scrape up the thick luscious rich sauce.



More on this recipe

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

HariGhotra.co.uk