

Sooka Masala Lamb

Dry Spiced Lamb Curry



Ingredients

600g Leg of lamb, trimmed, washed & chopped into chunks

Spices to roast

2 tsp cumin seeds

4 tsp coriander seeds

2-4 dried whole red chillis

3cm stick of cassia bark

4 green cardamoms

3 cloves

1 tsp salt

Handful coriander, chopped

Masala sauce

4 tbsp oil

2 black cardamom

2 large onions, finely chopped

5 cloves of garlic, finely chopped

2 tbsp ginger, grated

4 tomatoes, finely chopped

1 tsp turmeric

1 tsp salt

Handful coriander, chopped

Method

- 01** To roast the spices place cumin, coriander, chillies, cassia, green cardamom, and cloves in frying pan and heat until they are fragrant and turn a shade darker. Transfer to a bowl and leave to cool.
- 02** Place the spices into a grinder and blitz to a fine powder.
- 03** Coat the meat with the spice mix and set to one side.
- 04** Heat oil and add the black cardamom then add the chopped onion and garlic. Fry on a high heat and reduce and cook gently until they turn a dark golden brown colour.
- 05** Add the ginger, turmeric, tomatoes and stir. Allow the tomatoes and onions to melt together creating a thick masala paste.
- 06** Add the spiced meat and salt then fry for 5 minutes.
- 07** Reduce the heat to the lowest setting and place the lid on the pan. Leave it to cook in its own juices for 40-50 minutes stirring occasionally until the meat is soft and tender.
- 08** When the meat is cooked through increase the heat and fry or 'bhun' for 5 minutes until the sauce thickens and starts to cling to the meat.
- 09** Throw in the chopped coriander to serve.



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