

'Thari Walee Lamb

Lamb Curry



Ingredients

600g leg of lamb (washed, trimmed & cubed)

Masala

2 tbsp of oil

2 large onions, peeled and diced

6 cloves of garlic, finely chopped

2 tbsp ginger, grated

400g plum tomatoes

1 tsp of turmeric

1 tsp of cumin

1 tsp of salt

Handful coriander stalks, chopped

2 chillies, finely chopped

1 tsp of dried fenugreek leaves

1 tsp of garam masala

Handful coriander leaves, chopped

Method

- 01** Heat the oil in a heavy based pan and add the onions, after a few minutes stir in the chopped garlic.
- 02** Cook on a gentle heat so the onions cook to a dark golden brown. This will take at least 20 minutes. If the onions catch on the pan add a splash of water and stir.
- 03** Reduce the heat and add the tomatoes, ginger, salt, cumin, turmeric, chilli, coriander stalks and fenugreek. Stir together and increase the heat so the onions and tomatoes melt with the spices creating a thick aromatic masala sauce. This will take about 5-10 minutes.
- 04** Add the lamb and stir-fry to seal the meat and coat with the masala sauce.
- 05** Reduce the heat to the lowest setting and move the pan to the smallest hob. Place the lid on the pan and allow the lamb to cook gently in its own juices. This will take between 40-60 minutes. Stir occasionally until tender.
- 06** If you want more of a gravy add some boiling water and leave to simmer for another few minutes.
- 07** Remove from the heat and add the garam masala, sprinkle with the fresh coriander and serve.

Served with

For me I have to have this with roti well actually more like 3 or 4 rotis. My dad would always want his roti cooked crispy and my husband likes his with rice. What I'm trying to say in a very long winded way is that amazingly this goes with whatever you want to serve it all you have to do is enjoy it!



More on this recipe

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