

Lamb Rogan Josh

Kashmiri Lamb Stew

Hari
GHOTRA



Ingredients

800g leg of lamb, cut into large chunks	3 heaped tbsp Greek yoghurt
2 tbsp mustard oil	50ml water (approx.)
Large pinch asafoetida	1 tsp garam masala
1 tsp cumin seeds	
1 stick of cassia bark	
3 cloves	
2 whole dried Kashmiri chillies	
2 black cardamoms	
2 green cardamoms	
1 tsp salt	
1 tsp red Kashmiri chilli powder	
1 tsp hot chilli powder (optional)	
1 tsp ginger powder	
1 tsp fennel powder	

Method

- 01** Heat the mustard oil to smoking point. Leave to cool then reheat and add the asafoetida.
- 02** Add all the whole spices - cumin seeds, cassia, cloves, whole dried Kashmiri chillies, black and green cardamoms and salt to taste.
- 02** Once the spices become fragrant add the meat and fry until it turns a lovely brown colour. Reduce the heat and add the chilli powder and let the meat cook for a few minutes (leave on a low heat so the chilli powder doesn't burn).
- 03** Add the ginger and fennel powders.
- 04** Stir in the yoghurt 1 tablespoon at a time. Once mixed through place the lid on the pan and leave on the lowest heat setting to simmer gently for up to an hour. Check after half an hour and if required add some water, leave to cook until the meat is tender.
- 05** Once the meat is tender add some boiling water to create a lovely gravy. Add the garam masala and serve.

Served with

Serve with plain basmati rice to mop up the deliciously smooth and vibrant red sauce.



More on this recipe

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

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