

A top-down view of a stainless steel cooking pot filled with a rich, reddish-brown lamb curry. The curry contains several pieces of tender lamb meat and chunks of potatoes. The dish is garnished with fresh green cilantro leaves, sliced green and red chilies, and a golden-colored handle is visible on the right side of the pot. The background is a light-colored, marbled surface.

Lamb Alu Curry



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Serves 4

INGREDIENTS:

325g diced lamb leg	4g ground turmeric
40g red onion	2g hot chilli powder
40g onion	4g ground cumin
200g Maris Piper potato	4g ground coriander
3g cinnamon stick	15g bunched coriander
3g black cardamom pods – black	3g fenugreek leaves
5g green chillies	4g garam masala
10g garlic, peeled	3g cooking salt
10g ginger, peeled	400ml cold water
225g canned chopped tomatoes	25ml olive oil
20g unsalted butter	

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METHOD:

1. Peel, halve and finely dice the onions, keep separated. Peel the potatoes, dice to 1 inch, retain in water. Peel the ginger, puree. Puree the garlic cloves. Trim the green chillies, deseed, and blend. Blend the chopped tomatoes.
2. Heat the oil in a pan over medium heat, add all the onions, cinnamon, and black cardamoms. Cook for 5 minutes until the onions caramelize. Add the ginger and garlic pastes, green chilli paste, and the butter. Cook for another minute.
3. Add the blended tomatoes, turmeric, chilli powder, ground cumin and ground coriander, mix well. Add the salt, cook for another 5-7 minutes with the lid on, stirring every minute.
4. When the masala sauce is sizzling, add the diced lamb with 75ml water, then cover with a lid and leave for 25 minutes. Add the potatoes, then add another 225ml water, cook for another 20 minutes, add water whenever it begins to dry. Chop the coriander.
5. Remove the lid, add the fenugreek leaves, the chopped coriander and the garam masala with the remaining water. Cook out until the lamb and potatoes are both tender, then remove from the heat and serve.