

Lamb Curry

Ingredients:

- 4 tbsp Oil
- 1 Cinnamon stick, 2 cardamom pods, 1 star anise
- 5 Curry leaves
- 3 Onions, chopped
- 5 cloves of garlic & 3cm piece of ginger, chopped
- 1 Chili, chopped (optional)
- 6 or more Lamb shoulder or lamb chops
- 1 tsp Salt
- 1 tsp Turmeric
- 4 tbsp Curry power mix (2 tsp curry powder, 2 tsp coriander powder, 2 tsp ground cumin & 2 tsp garam masala)
- 2 tsp Tomato paste
- 5 potatoes, peeled and cut into quarters
- Fresh coriander

Method:

Start by frying the cinnamon sticks, cardamom pods, star anise, onions, curry leaves, garlic, and ginger for about 10 to 15 mins on medium heat until golden brown.

Add the lamb pieces, and braise for about 10 mins (add small quantities of water where necessary to prevent sticking) – Once braised, add in 2 cups of water and let it cook for a further 20 to 25 mins (on medium heat).

Then add in salt, turmeric, curry powder mix, tomato paste and stir to allow spices to coat meat & cook (add small quantities of water where necessary to prevent sticking) – allow to fry for 5 to 8 mins. (Taste and add in additional salt if necessary)

Add in potatoes and enough water to just cover potatoes, allow to cook until the potatoes are soft, add in some fresh coriander & you are done!

Eat & Enjoy with Rice or Roti!

*Serves 6



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COOKING WITH KACEY



Tips & Tricks:

- Leave out the cinnamon sticks if you do not have any.
- If you only have garlic & ginger paste – that will work too.
- If you have Biryani mix spices, grind that and use instead of coriander and cumin powder.
- If you prefer adding tomato into your curry add it instead of tomato paste or leave both out completely.



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