

Lamb Madras

A classic south Indian dish that is both hot and tangy (serves 4)



Madras Spice

- 2-3 tbsp of Downderry Spice
Madras Spice blend

Protein

- 400—600g of trimmed chopped
Lamb

Masala Sauce

- 3 tsp vegetable oil
- 1 tsp mustard seeds
- 10—12 Curry Leaves (substitute
with the zest of 1/2 lemon)
- 1 finely chopped onion
- 1 green chilli
- 2 cm of fresh Ginger
- 2 Cloves of Garlic
- 1 tin (440ml) Plum Tomatoes
- Handful fresh Coriander

To Serve: *garnish with the coriander
and a rice of your choice, a roti or a side
dish of spiced potatoes*

Instructions

- * Place the Lamb in a bowl and add the Madras Spice blend, rub to cover the Lamb and enthuse with the spice flavours
- * Heat the oil in a heavy based pan and add the mustard seeds, heat till they start to pop, then add the onion and Curry leaves and cook till the onions are soft and golden brown.
- * Now Grate both the Garlic and Ginger into the onion mix then add the chopped green chilli while stirring to stop from catching on bottom of pan. Add a splash of water if required
- * Add the tomatoes then bring to the boil then reduce the heat and simmer till the sauce becomes a thick shiny Masala
- * Add the Lamb and stir in the Masala to coat the meat and turn the heat down to a low setting, cover and gently cook for at least 40 mins or until Lamb is tender
- * Remember to stir occasionally