

- Curried Lamb -

Ingredients:

1 1/2 lb lamb stew meat - cubed
3 Tbs butter or bacon fat
1 c Diced Celery
2 Tart Apples, pared and diced
1/2 c Onions - sliced
1 1/2 - 2 tsp Curry Powder
2 Tbs Hot water
2 Tbs Flour
3 - 4 c cooked Rice

Directions:

Rinse meat, place in pot and barely cover with water. Simmer until tender. Once tender remove meat from broth, Measure 2 c of broth and set aside.

Melt butter in a frying pan and sauté celery, apples and onions until soft. Add lamb and broth, cover and simmer 20 - 30 minutes.

Mix curry powder with 2 Tbs hot water to make a paste and set aside 5 minutes. Blend in flour, adding cold water as needed to make a smooth paste.

Once lamb mixture has cooked 20 - 30 minutes stir in the curry/flour paste, add up to 1 c boiling water if needed. Simmer 5 minutes, stirring often. Serve on top of rice.

1953 - January, Tuesday Supper Suggestion:

Curried Lamb, Baked Potato, Buttered Parsley Carrots, Stuffed Prune Salad, Bread and Butter, Pumpkin Custard, Coffee for Adults and Milk for Children.

Shana's Tips:

When I first made this I messed up the flour curry section. I recommend adding 1/4 c cold water to your curry paste just before adding the flour, then use a whisk to mix it in thoroughly.

(This is a vintage recipe from "The Modern Family Cook Book" by Meta Given, 1953)