

Lamb Rogan Josh



Ingredients:

- 450g/1lb lean lamb shoulder or leg, cut into 2.5cm/1 inch cubes
- 30ml/2tbsp oil
- 2 medium onions, peeled and sliced
- 2 garlic cloves, peeled and crushed
- 1 x 2.5cm/1 inch piece fresh root ginger, peeled and finely chopped or grated
- 1 cinnamon stick
- 5ml/1tsp chilli powder
- 15ml/1tbsp ground coriander
- 10ml/2tsp Garam Masala
- 5ml/1tsp ground turmeric
- 1 x 400g can chopped tomatoes
- 30ml/2tbsp tomato purée
- 450ml/¾ pint good, hot lamb stock
- Salt and freshly milled black pepper
- 6 small new potatoes, halved
- 100g/4oz cauliflower florets
- Natural yogurt, to garnish
- Freshly chopped coriander leaves, to garnish

Method:

Heat half the oil in a large non-stick pan and brown the lamb in batches for 3-4 minutes. Spoon into a 1.2L/2pint heatproof casserole dish.

Add the remaining oil to the same pan and cook the onion, garlic, ginger and spices for 3-4 minutes or until soft and golden. Spoon into the casserole dish.

Add the tomatoes, tomato purée and stock. Bring to the boil, reduce the heat, cover and cook for 2-2½ hours or until the lamb is tender, stirring occasionally. Season if required.

30 minutes before the end of the cooking time add the vegetables.

Remove from the heat, discard the cinnamon stick and garnish with the yogurt and coriander.

Serve with basmati rice and a selection of Indian relishes and poppadoms or naan bread.