

PARSI LAMB & APRICOTS

Add some dates



INGREDIENTS

1 kg Lamb
oil/ghee for frying
2 onions
5 cloves garlic
3 tomatoes (or tin of tomatoes)
1 tablespoon fresh grated ginger (1
tsp ground ginger)
½ tsp cloves
1 cinnamon quill or 1 tsp ground
cinnamon

15 cardamom pods
¼ tsp black pepper
2 star anise
2 cups stock/water
1.5 cups apricots
1 cup dates (opt)
1 tsp garham masala (opt)
salt to taste
Juice of 1 lemon (opt)

METHOD

Cut meat into bite size pieces. Brown meat in oil in a fry pan. Add chopped onions and garlic. Fry until golden brown. Add ginger, tomatoes, salt, spices, and stock/water. Cook on a low-med heat until the meat is tender. Add more liquid if needed or heat to reduce liquid if it is too moist. About five minutes before you declare it done add the lemon juice.



ROGAN JOSH

Impressive! No joking



INGREDIENTS

oil/ghee for frying

1 kg/2.2 Lbs of lamb cut into bite sized pieces

1 tablespoon of ground cumin

1 tablespoon of ground coriander

1 teaspoon of ground turmeric

1 teaspoon nutmeg

2 teaspoons of ground ginger

2 teaspoons of ground cardomom

4 cloves of garlic, peeled & crushed

2 onions, finely sliced

4 large ripe tomatoes (or 1 tin)

1 cup stock or water

salt & pepper to taste

1 cup yogurt or cream

METHOD

Using oil or ghee fry the meat in a large heavy pan. Set the meat aside after frying.

Lower the heat and add the spices and garlic. Fry for 30 seconds.

Increase the heat and add the meat along with any juices. Fry for 4 to 5 minutes then add the onions. Fry for another 3 to 4 minutes stirring frequently.

Add the tomatoes and water or stock - stir, cover and cook until the meat is very tender.

This will take an hour or more. Add more water or stock to prevent sticking.

Stir in the cream or yogurt

and remove from the heat.

Garnish with chopped coriander



SHAH KORMA

Regal fare – Royal in taste.



INGREDIENTS

1 kg (2Lbs) Lamb

Marinade

1.5 Cups Yogurt

1 Tbls ground ginger

1 Tbls ground cinnamon

1 tsp ground cardamom

1 tsp ground turmeric

1 tsp ground mace

salt & pepper to taste

Cooking

6 cloves garlic peeled and crushed

2 onions

1 cup ground almonds

1 cup ground cashews

½ cup chopped mint leaves

½ tsp saffron threads (opt)

1 cup cream (opt)

2 Tbp rosewater

1 Tbls garham masala

(see p ?? for options)

METHOD

Trim fat from the lamb & cut into cubes. Lamb chops can be used.

Mix the marinade ingredients and marinate the lamb for two-four hours, or overnight in the fridge.

Fry onions and garlic in ghee/oil until golden brown in a large heavy bottom pan. Add marinade and lamb with one cup of stock, cover and cook for 1 hour or until the meat is very, very tender. Add liquid if necessary.

Add garham marsala, almonds, cashews, mint, rosewater and cook for another 20 minutes. Add liquid to prevent burning.

Finally add cream. Warm but don't boil. Fabulous but better the next day



MUTTON CURRY

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INGREDIENTS

- 1 kg 2.2lbs mutton
- ghee/oil for frying
- 3 medium onions
- 2-6 red chillies or to taste
- 6 cloves garlic
- 1 tbs grated ginger
- 1 cinnamon stick
- 6 cardamom pods
- 5 cloves
- 1 tsp black pepper corns
- 1 tsp cumin seeds
- 1 tsp mustard seeds
- 1 Tbls ground coriander seeds

- 1 tsp turmeric
- 1 tap ground
- 1star anise
- ½ tsp ground mace
- 2 medium tomatoes
- 2 Tbls tomato past
- 1 Tbls tamarind Paste
- 2 cups stock/water
- 2 med potatoes,
- 1 cup cashews
- 1 cup yogurt
- 3 eggs (opt)
- coriander leaves for garnish

METHOD

Chop the mutton into bite size pieces. Fry in ghee finely chopped onions chillies, garlic, ginger with cinnamon, cardamom and cloves. Fry until onions are golden brown. Remove from fry pan and process these ingredients to a coarse paste (gravy) Heat more ghee in the fry pan and fry the mutton for about five minutes. Add pepper, cumin and mustard seeds. Fry for a few more minutes. Add ground coriander, star anise, mace & turmeric,. Add finely chopped tomatoes, tomato paste, tamarind paste, and water/ stock. Simmer at least an hour adding more liquid as need to prevent burning. Add potatoes and cashews. Cook until meat is very tender. (this may take three or more hours.) Garnish with coriander leaves and boiled eggs.

In India mutton is usually goat



GOAT

Old goats are best



INGREDIENTS

*2 Tbsp ghee or oil for frying
1 kg (2lbs) goat meat
10 small potatoes (2 very large)
2 onions
4 large ripe tomatoes (or 1 tin)
6 cloves garlic
3 chillies (or to taste)
½ cup cashews
½ cup dried apricots
1 tsp fresh or ground ginger
1 stick cinnamon*

*1 Tbsp cardamom pods
1 tsp black pepper corns
1 tsp coriander seeds
½ tsp chilli powder
1 Tbsp cumin seeds
1 cup stock/water
juice of 1 lemon/lime
salt to taste*

METHOD

Cut meat into bite sized pieces. Cut the potatoes into chunks. Coarsely slice the onion, chillies and garlic. Quarter the tomatoes.

In a heavy large pot, heat the oil, fry black pepper, coriander seeds , cardamom pods and cumin seeds..

Add onions, garlic, and chillies sauté until the onions brown slightly.

Add tomatoes, ½ the apricots, stock and add remaining spices. Add the

meat and fry for a further few minutes; mix the

spices through the meat Simmer over a

low heat until the meat is tender.

If the goat is tough this could

be three hours. Add

stock/water to prevent

it sticking

.Add the last of the

apricots about just

before the meal

is finished.

Turn off the

heat and add

the lemon/lime

juice.

