

Kashmiri Lamb Curry Recipe

Ingredients:

1 kg leg of lamb, cut into 5 cm pieces on the bone

Marinade:

150 g yogurt, lightly whisked

pinch of saffron threads

2 tablespoon crushed blanched almonds

Garam Masala

1 1/2 tsp cumin seeds

6 green cardamom pods

2 black cardamom pods

2.5 cm cassia bark or cinnamon stick

8 cloves

2 mace blades

1 tablespoon black peppercorns

To cook:

6 tablespoons vegetable oil

350 g onions, finely sliced

2 tablespoons ginger-garlic paste

1 1/2 teaspoons red chili powder

2 tablespoons ground coriander

1 teaspoon garam masala

1 teaspoon ground turmeric

1/2 teaspoon salt, or to taste

2 tablespoons tomato paste

3 tablespoons finely chopped coriander leaves

To serve:

dried red chilies

coriander chutney

Method:

Put the lamb into a shallow dish. For the marinade, whisk the yogurt with the saffron and almonds. Add to the lamb, turn to coat and set aside to marinate in a cool place for 2 hours. To prepare the garam masala, pound the spices together to a powder, using a spice grinder, pestle and mortar or mini-processor. Heat the oil in a heavy-based pan, add the pounded garam masala and stir until the spices begin to crackle. Add the sliced onions, stir and cook for 8-12 minutes until softened and golden brown. Add the ginger-garlic paste and sauté for 2-3 minutes. Add the lamb, together with the marinade, stir and cook for about 30 minutes until the meat is browned and three-quarters cooked. (The lamb will cook in its own juices, but if there is very little liquid in the pan, some water or lamb stock can be added. Once the meat is browned, it will tend to stick to the bottom of the pan, so keep stirring and scraping the bottom - this is important to develop the characteristic flavor.) Add the powdered spices and cook for 3-5 minutes, adding a little water if required. Stir in the salt and tomato paste and cook, stirring, until the lamb is tender. Finally, stir in the chopped coriander. Serve garnished with red chilies, and accompanied by coriander chutney and saffron rice or an Indian bread.