

Korma Recipe

Ingredients: Serves 4

500g lean lamb, beef or chicken
1 teaspoon minced ginger
¼ teaspoon salt
300ml yoghurt
½ teaspoon cinnamon powder
1 teaspoon coriander powder
2 cardamoms, crushed
1 large onion, chopped
2 cloves garlic, crushed
2 tablespoons ghee
2 teaspoons turmeric powder
Pinch of garam masala
Leaf cilantro (coriander leaves)

Method:

Cut the meat into 1-inch cubes and rub thoroughly with the minced ginger and salt. Combine the yoghurt with the cinnamon, coriander and cardamom. Marinate the meat with this mixture and allow it to stand overnight. The following day, sauté the onion and the garlic in 2 tablespoons of ghee until they are tender. Stir in the turmeric and cook for 2 minutes. Add the meat and all the marinade. Cover and cook over low heat for about 1 hour or until the meat is tender. Sprinkle with garam masala and chopped cilantro. Serve.

[asian_free_recipes_download][asian_free_recipes_download]