

Lamb in Mango Onion Sauce Recipe (kairi ka gosht do piaza*)

Ingredients:

600 g boneless leg of lamb
4 medium onions, peeled
1 mango, peeled and cut into julienne
5 tablespoons vegetable oil
1 tablespoon ginger-garlic paste
1/2 teaspoon ground turmeric
1 teaspoon garam masala
1 teaspoon red chili paste
1 teaspoon salt, or to taste
1 teaspoon sugar
3 green chilies, finely chopped
60 g coriander (cilantro) leaves
10 curry leaves, roughly chopped

Seasoning:

1 tablespoon oil
1 teaspoon black mustard seeds
2 green chilies, slit lengthways
4 garlic cloves, peeled and sliced

Method:

Cut the lamb into 2.5 cm cubes. Whiz half of the onions in a blender or food processor to make a smooth paste. Slice the remaining onions. Heat the oil in a deep sauté pan and fry the sliced onions until softened and golden brown; remove and set aside. Add the onion paste and sauté for 3-5 minutes until golden brown. Stir in the ginger-garlic paste and cook well for 2-3 minutes. Add the powdered spices and sauté for 30 seconds. Add the lamb and salt, and cook, stirring for 3-5 minutes until lightly browned. Add 100 ml water and simmer for a few minutes, then add the mango, sugar and chilies. Cook gently for 30 minutes or until the lamb is almost tender, adding a little more water if needed. Meanwhile, whiz the coriander leaves to a paste in a blender. Stir into the sauce with the curry leaves and simmer for a further 10 minutes. For the seasoning, heat the 1 tablespoon oil in another pan and fry the mustard seeds, chilies and garlic until lightly browned. Pour over the do-piaza, cover and serve immediately to retain the flavors. Serve with Indian bread.

***Do-piaza** implies the addition of onions to a dish twice.