

Lamb in Mint Fenugreek Sauce Recipe

Ingredients: Serves 4

1 tablespoon unsalted butter
2 tablespoons sunflower oil
5cm piece of cinnamon stick, halved
4 cloves
4 green cardamom pods, bruised
1 large onion, finely chopped
1-inch piece root ginger, finely grated or 2 teaspoons ginger puree
4 large garlic cloves, crushed to a pulp or 2 teaspoons garlic puree
2 teaspoons ground cumin
1 teaspoon ground coriander
½ teaspoon ground turmeric
1-2 teaspoons hot chili powder
175g chopped canned tomatoes including the juice
750g leg of lamb, cut into 1-inch cubes
50g whole milk plain yoghurt
1 teaspoon chick pea flour (besan)
425ml warm water
1 teaspoon salt
2 tablespoons dried fenugreek leaves, hard stalks removed
1 tablespoon fresh mint leaves, chopped

Method:

Heat the butter and oil together in a large saucepan over a low heat and add the cinnamon, cloves and cardamom. Let them sizzle for 25-30 seconds and add the onion. Increase the heat to medium and fry the onion until soft, but not brown. Add the ginger and garlic and continue to fry until the onion is brown. Add the cumin, coriander, turmeric and chili powder and cook for about a minute. Add the tomatoes and cook until the tomato juices have evaporated. Add the lamb, increase the heat slightly and sauté the lamb for 5-6 minutes. Beat the yoghurt and the gram flour together and add to the lamb. Stir to mix well then add the water and salt. Bring it to the boil, reduce the heat to low, cover the pan and cook for about 30 minutes. Add the fenugreek leaves and continue to simmer, covered, for a further 15-20 minutes or until the lamb is tender and the sauce has thickened enough to coat the pieces of meat. Mix in the mint leaves, remove from the heat and serve.