

## Lamb with Potatoes Recipe

### Ingredients:

600 g boneless leg of lamb  
4 tablespoons vegetable oil  
2 tablespoons finely chopped root ginger  
2 bay leaves  
4 cloves  
2 black cardamom pods  
1 1/2 teaspoons cumin seeds  
4 medium onions, finely sliced  
1 teaspoon red chili powder  
1 1/2 teaspoons ground coriander (cilantro)  
1 1/2 teaspoons ground turmeric  
2 medium potatoes, scrubbed and cut into wedges  
1/2 teaspoon salt, or to taste  
4 scallions, trimmed  
1 red pepper, cored and deseeded  
3 medium tomatoes, cut into wedges  
1/2 teaspoon garam masala  
1 tablespoons chopped coriander (cilantro) leaves

### Method:

Cut the lamb into 4 cm cubes. Heat the oil in deep heavy-based sauté pan and add the chopped ginger. Sauté for 30 seconds, then add the bay leaves, cloves, cardamom pods and cumin seeds, and sauté well until the spices crackle. Add the onions and fry until softened and golden brown. Add the lamb and sauté well for 10-12 minutes to seal and brown on all sides. Stir in the chili powder, ground coriander and turmeric. Add the potato wedges and sauté for 2-3 minutes. Add 200 ml water and the salt. Bring to a simmer and cook gently for 15 minutes or until the potatoes are nearly tender.

Meanwhile, cut the scallions into 2.5 cm lengths and the red pepper into wide strips. Add to the pan with the tomatoes and cook for a further 5-10 minutes until the lamb is tender.

Serve sprinkled with garam masala and chopped coriander. Accompany with boiled rice or an Indian bread.