

## Lampries Curry Recipe (Sri Lankan Lampries Curry Recipe)

**Ingredients:** Serves 16-18

500 g (1 lb) chuck steak  
500 g (1 lb) mutton  
5 teaspoons salt  
8 cardamom pods  
15 black peppercorns  
500 g (1 lb) chicken breasts or thighs  
500 g (1 lb) pork  
1 tablespoon ghee  
3 tablespoons oil  
4 medium onions, peeled and finely chopped  
8 cloves garlic, peeled and finely chopped  
1 tablespoon finely chopped fresh ginger  
2 sprigs curry leaves  
¼ teaspoon fenugreek seeds, optional  
4 tablespoons Ceylon curry powder  
1 teaspoon ground turmeric  
2 teaspoons chili powder  
1 cinnamon stick  
1 teaspoon ground cardamom  
6-8 pieces daun pandan (screwpine leaves) or rampe leaf, optional  
2 stalks lemon grass, or 4 strips lemon rind  
2 tablespoons lemon juice  
2½ cups thin coconut milk  
2½ cups thick coconut milk  
extra salt to taste

### **Method:**

Put steak and mutton in a large saucepan. Cover with cold water, add 2 teaspoons of the salt, and all cardamom pods and peppercorns. Cover pan and simmer on low heat for 30 minutes until aromatic. Add chicken and simmer a further 15 minutes. Off fire and allow to cool slightly, strain, and reserve stock for boiling rice. Cut pork and parboiled meats into very small dice. Heat ghee and oil in a large saucepan and gently fry onion, garlic, ginger and curry leaves until onion is soft and starts to turn golden and aromatic. Add fenugreek seeds if used and fry 1 minute longer. Add curry powder, turmeric, chili powder, cinnamon stick, cardamom, pandan or rampe leaf and lemon grass (smashed slightly with the flat side of a chopping knife) or rind. Add remaining 3 teaspoons salt, lemon juice, diced pork and half the coconut milk. Stir well. Cover and cook over low heat for 30 minutes, stirring occasionally. Add parboiled meats and remaining coconut milk, and simmer uncovered for approximately 1½ hours, or until meat is tender and gravy very thick. Add extra salt to taste if necessary. Remove cinnamon stick, pandan or rampe leaf and lemon grass before serving.