

Meatballs in Yoghurt Cream Sauce Recipe

Ingredients: Serves 4

750g boned leg of lamb, cut into cubes
50g unsalted butter or ghee
½ teaspoon ground cardamom
½ teaspoon freshly ground nutmeg
½ teaspoon chili powder
5cm piece root ginger, finely grated
1 teaspoon dried mint
1½ teaspoons salt
3 tablespoons sunflower or vegetable oil
1 large onion, finely chopped
1 teaspoon ground fennel
1 teaspoon ground coriander
½ teaspoon chili powder
1 teaspoon garam masala
½ teaspoon ground turmeric
150g whole milk natural yoghurt
250ml double cream
1 tablespoon chick pea flour (besan)
sprigs of fresh coriander, to garnish

Method:

Put the meat in a food processor and process until you have a fine paste. Transfer to a large mixing bowl and add the butter or ghee, cardamom, nutmeg and chili powder and knead it until it is really smooth. Add half the quantities of the next 3 ingredients (grated ginger, mint and salt). Knead again to make sure that they have all blended well. Divide the mixture into 2 equal portions and make 10 balls out of each. Rotate them quickly between your palms to make them smooth. In a heavy saucepan, heat the oil over a medium heat and fry the onions and the remaining ginger until the onions are soft and translucent (6-7 minutes). Add the spices and cook for 1 minute. Reduce the heat to low. Beat the yoghurt and the cream together until smooth and add to the spices. Blend the chick pea flour with a little water (as you would blend corn flour), and add 75ml water. Beat until smooth and add to the spiced yoghurt and cream mixture. When the mixture begins to bubble, add the remaining salt and the meatballs, preferably in a single layer. Cover the pan and cook for 15 minutes until the meatballs are firm. Stir gently, re-cover and cook for a further 15 minutes. Remove the lid for the last 5 minutes, if necessary, to reduce the sauce. Stir in the remaining mint and remove from the heat. Serve garnished with the sprigs of fresh coriander.