

Raan Recipe

(Roast Leg of Lamb, Kashmiri Style Recipe)

Ingredients: Serves 8, Oven: Preheat to 230°C

1 x 2.5 kg (5 lb) leg of lamb
1 tablespoon finely grated fresh ginger
4 cloves garlic, peeled and crushed
3 teaspoons salt
1 teaspoon ground cumin
1 teaspoon ground turmeric
½ teaspoon ground black pepper
½ teaspoon ground cinnamon
½ teaspoon ground cardamom
¼ teaspoon ground cloves
½ teaspoon chili powder, optional
2 tablespoons lemon juice
¾ cup yoghurt
2 tablespoons each blanched almonds and pistachios
¼ teaspoon powdered saffron or ½ teaspoon saffron strands
3 teaspoons honey

Method:

With a sharp knife remove skin and any excess fat from lamb. Using point of the knife make deep slits all over the lamb. Combine ginger, garlic, salt, ground spices and lemon juice. If mixture is too dry to spread, add very little oil. Rub spice mixture well over the lamb, pressing it into each slit. Put yoghurt, almonds, pistachios and saffron powder into blender container. If saffron strands are used, soak for 10 minutes in 2 tablespoons hot water and use water as well. Blend together until smooth, then spoon the purée over the lamb. Drizzle the honey over, cover and allow lamb to marinate at least overnight in the refrigerator, or two days if possible. Allow 30 minutes per pound cooking time. Roast lamb in the preheated oven, in covered baking dish for 30 minutes, then reduce heat to moderate, 170°C and cook for a further 1¾ hours or until lamb is cooked through. Uncover lamb and cool to room temperature. Serve with namkin chawal.

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