

## **Laal Maas**

### **Ingredients**

1	kg	Meat, on the bone, preferably goat, mutton or lamb
1	tsp	Coriander, ground
1	tsp	Cumin, ground
1	tsp	Garam Masala
200	gms	Yoghurt, full-fat
15-30	ea	Chilli, whole dried red ( can be deseeded if that's what you want )
2	tbs	Oil
1	tbs	Coriander seed
2	ea	Onions, chopped
6	ea	Garlic, cloves, finely chopped
		Salt, to taste

### **Method**

Combine the meat in a bowl with the ground coriander, cumin and garam masala. Stir in the yoghurt, season with salt, mix and leave to marinade for 1 hour.

Meanwhile, put the dried chillies in a small pan over a high heat, with enough water to barely cover them and bring to the boil. Reduce the heat and simmer for 5 minutes until the chillies are soft. Remove from heat and set aside.

Heat half the oil in a frying pan over a high heat, add the coriander seeds and fry for about 30 seconds until slightly darker. Add the onions and fry for about 7 - 8 minutes until brown, next add the garlic and cook for a few minutes. Put this mixture into a blender along with the soft chillies and their cooking liquid. Top up with water so that it just covers the mixture and blitz to form a fine puree.

Heat the remaining oil in a pan over a high heat and add the marinated goat. Fry the goat for a few minutes, then add the onion and chilli puree, season to taste and cook over a medium heat for 60 minutes until the goat is tender. You may need to add some more water during the cooking if the curry dries out. Season to taste and serve hot.

### **Preparation/Cooking time**

1 hour marinating, 1 hour and 20 minutes cooking