

# Slow-Cooker Lamb Vindaloo

3 comments

MAIN COURSES

INDIAN

ROASTS

LAMB

SLOW COOKER

A cookbook recipe exclusively for All-Access members from [The Complete Slow Cooker](#)

**SERVES** 6 to 8

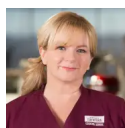
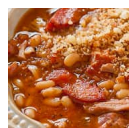
**TIME** 9 to 10 hours on low or 6 to 7 hours on high

**SLOW COOKER SIZE** 5 to 7 quarts



## WHY THIS RECIPE WORKS

We chose a hearty boneless lamb shoulder roast for this recipe, and it remained tender and juicy during the extended cooking time. A hefty amount of spices is key in this dish, but too much produced a chalky texture. To avoid this pitfall, we bloomed the spices with the aromatics, allowing us to use a more moderate amount. Some sugar and red wine vinegar also enhanced the flavors of the dish. [Read Less](#)



### TRY THIS RECOMMENDED COOKING COURSE

Slow-Cooker Cassoulet

## GATHER YOUR INGREDIENTS

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- ☐ **3** onions, chopped fine
- ☐ **3** tablespoons vegetable oil
- ☐ **3** tablespoons paprika
- ☐ **8** garlic cloves, minced
- ☐ **2** tablespoons tomato paste
- ☐ **4** teaspoons ground cumin
- ☐  $\frac{1}{2}$  teaspoon ground cardamom
- ☐  $\frac{1}{4}$  teaspoon cayenne pepper
- ☐ **1** (14.5 ounce) can diced tomatoes
- ☐ **1** cup chicken broth
- ☐ **3** tablespoons instant tapioca
- ☐ **2** tablespoons red wine vinegar
- ☐ **2** bay leaves
- ☐ **1** teaspoon sugar
- ☐ **4** pounds boneless lamb shoulder roast, pulled apart at seams, trimmed, and cut into  $1\frac{1}{2}$ -inch pieces
- ☐ Salt and pepper
- ☐  $\frac{1}{4}$  cup minced fresh cilantro

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**View Nutritional Information** 

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## KEY EQUIPMENT

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Mixing Bowls



Slow Cookers



Best Chef's Knives

1

## INSTRUCTIONS

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1. Microwave onions, oil, paprika, garlic, tomato paste, cumin, cardamom, and cayenne in bowl, stirring occasionally, until onions are softened, about 5 minutes; transfer to slow cooker.

2

Stir tomatoes and their juice, broth, tapioca, vinegar, bay leaves, and sugar into slow cooker. Season lamb with salt and pepper and stir into slow cooker. Cover and cook until lamb is tender, 9 to 10 hours on low or 6 to 7 hours on high.

3

Discard bay leaves. Using large spoon, skim fat from surface of sauce. Adjust consistency with hot water as needed. Stir in cilantro and season with salt and pepper to taste. Serve.

## RECOMMENDED READING

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## MY RATING

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