

# Lamb Curry

Courtesy of Toni Tipton-Martin from Jubilee ©2019

## Ingredients:

2 pounds lamb shoulder or leg, cut into 1-inch cubes

Salt and black pepper

2 tbsp olive or vegetable oil

2 tbsp butter

1 cup coarsely chopped onions

2 tbsp minced green bell pepper

2 tbsp minced celery

2 tsp minced garlic

2 tbsp curry powder, to taste

1 tbsp tomato paste

1 ½ cup diced tomatoes

2 cups chicken stock or water

1 bay leaf

2 medium green apples, peeled and cubed

2 tbsp rum (optional)

1 tbsp fresh lime juice (optional)

Freshly cooked rice



1. Place the lamb on a platter and pat dry with paper towels. Season all over with 1 ½ tsp salt and ½ tsp pepper. Let sit 2 hours.

2. In a large Dutch oven or deep skillet, heat the oil over medium high heat until sizzling. Working in batches to avoid crowding the pan, add the lamb and sear until browned and crusty, turning to cook on all sides, 5 to 8 minutes. Use a slotted spoon to remove the lamb to a plate.

3. Add the butter to the pan and sauté the onions, bell pepper, celery, and garlic until the onion is translucent, about 5 minutes. Sprinkle the curry powder over the vegetables and cook, stirring constantly, until fragrant, about 30 seconds. Return the lamb to the pan with the tomato, chicken stock, and bay leaf.

4. Reduce the heat to medium-low, cover, and simmer until the meat is tender and the sauce is thick, about 1 ½ hours. Add the apples to the pan during the last 30 minutes of cooking time. Remove and discard the bay leaf. Stir in the rum and lime juice, if using, and heat for 1 minute.

Serve with rice.

Tipton-Martin, T. (2019) *Jubilee*. Clarkson Potter.