

Lamb Tikka

By mersaydees on February 07, 2009

★★★★★ 0 Reviews



Prep Time: 30 mins **Total Time:** 50 mins **Servings:** 4

About This Recipe

"This is a great recipe based on one from Linda Fraser's cookbook, The Book of Curries & Indian Foods. Cook time doesn't include the 4 to 6 hours refrigeration time."

Ingredients

- 2 lbs boneless leg of lamb
- 1 teaspoon ground cumin
- 3/4 teaspoon ground turmeric
- salt
- 6 tablespoons plain yogurt
- 1/2 small onions, finely chopped
- 1 piece fresh gingerroot, grated (2-inch)
- 2 garlic cloves, crushed
- 3 drops red food coloring (optional)
- 1 teaspoon garam masala
- 8 skewers

Directions

1. Trim fat from lamb; cut lamb into 1 1/2 -inch cubes.
2. Place lamb cubes in a bowl; add cumin, turmeric, salt, yogurt, onion, gingerroot and garlic.
3. Mix together well; if desired, add enough coloring to give mixture a red tint.
4. Cover and refrigerate 4 to 6 hours.
5. Drain lamb from marinade and thread cubes onto eight short skewers, pressing cubes closely together.
6. Preheat broiler or grill.
7. Cook kabobs 15 to 20 minutes, or until done, basting kabobs with any remaining marinade and turning occasionally during cooking.
8. The lamb is ready when it is browned on the outside and still slightly pink in the center.
9. Sprinkle with Garam Masala and serve at once.

| Nutrition Facts | | Amount Per Serving | % Daily Value |
|-------------------------|---------------|--------------------------------|---------------|
| Serving Size: 1 (268 g) | | Total Fat 39.6g | 60% |
| Servings Per Recipe: 4 | | Saturated Fat 17.3g | 86% |
| Amount Per Serving | % Daily Value | Cholesterol 159.4mg | 53% |
| Calories 544.9 | | Sugars 1.4 g | |
| Calories from Fat 356 | 65% | Sodium 139.1mg | 5% |
| | | Total Carbohydrate 2.9g | 0% |
| | | Dietary Fiber 0.3g | 1% |
| | | Sugars 1.4 g | 5% |
| | | Protein 41.7g | 83% |

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