

LAMB ROGAN JOSH

Ingredients

3.5 tbsp ghee, substitute butter
1 cinnamon stick
6 green cardamom pods, lightly bruised
4 cloves
1 large onion, finely chopped
3 cloves garlic, finely minced
1 tbsp ginger, finely grated
5 tbsp tomato passata
1 tsp salt
750g/1.5lb boneless lamb shoulder, cut into
3cm/1.2" cubes
1.5 cups / 375ml chicken stock, salt reduced (broth)

SPICES:

2 tbsp paprika, normal or sweet
3/4 tsp chilli powder
4 tsp ground coriander
4 tsp ground cumin
2 tsp turmeric powder
1/4 tsp nutmeg
1 tsp garam masala
1/2 tsp fennel powder

FINISHES

1/2 tsp extra garam masala
1/2 tsp extra fennel powder

SERVING/GARNISH

125g plain yoghurt (Greek yogurt fine)
Chopped coriander leaves, finely shredded ginger,
yogurt

INSTRUCTIONS

Step 1: In Melt ghee over medium heat in large heavy based pot. Add cinnamon, cardamom and cloves and cook for one minute.

Step 2: Add onion and cook for 7 minutes, stirring frequently, until pieces are golden and starting the brown on the edges.

Step 3: Add the garlic and ginger, cook for another minute.

Step 4: Stir in the Spices, cook for 30 seconds.

Step 5: Mix in the tomato puree and salt, then add stock and mix.

Step 6: Add lamb, stir, bring to simmer.

Step 7: Place lid on and adjust heat to low or medium low so it's simmering gently.

Step 8: Cook 1 hour 45 minutes, giving it an occasional stir, until lamb is quite tender - use 2 forks to check, it should pry apart pretty easily.

Step 9: Remove lid, and continue cooking for another 15 minutes (to reduce sauce slightly) - lamb should be very tender by this stage.

Step 10: Stir in the Yogurt, the Extra garam masala and fennel. Cook for another few minutes.

THE COOKERY

by The Secret Jozi Chef