

Fragrant Lamb Chops Recipe

Ingredients: Serves 2-3

1 large onion, chopped
5cm piece root ginger, roughly chopped
4-5 cloves garlic, chopped
4 cloves
4 green cardamom pods
5cm piece cinnamon stick, halved
½ teaspoon black peppercorns
750g lamb rib chops
4 tablespoons sunflower or vegetable oil
1 large onion, finely chopped
175g natural yoghurt
2 teaspoons chick pea flour
50g butter
150ml single cream
1 teaspoon salt or to taste
½ teaspoon ground fennel
½ teaspoon dried ginger powder
3-6 dried red chillies, soaked in warm water for 10-15 minutes
½ teaspoon grated nutmeg
½ teaspoon sugar
1 tablespoon lime juice
a pinch of saffron threads, pounded and steeped
in 1 tablespoon hot water for 10-15 minutes
1 tablespoon rose water

Method:

Puree the onion, ginger and garlic in a blender. Add a little water if needed. Put the puree in a bowl and add the cloves, cardamom, cinnamon and peppercorns. Mix well. Put the lamb chops in a large mixing bowl and add the above marinade. Mix thoroughly, cover the bowl with clingfilm and leave to marinate for 3-4 hours or overnight in the fridge. Bring to room temperature before cooking. Heat half the oil over a medium-high heat and fry the onions until they are browned. Remove with a slotted spoon, squeezing out as much excess oil as possible, by pressing them to the side of the pan with the spoon. In the remaining oil, fry the marinated lamb chops for 4-5 minutes, stirring frequently. Reduce the heat to low, cover and cook for 5-7 minutes. Meanwhile, beat the yoghurt with the flour and put it in a small saucepan along with the butter and cream. Place over a low heat and cook for 5-6 minutes, stirring constantly, then add the mixture to the lamb chops with the salt. Add the fennel and ginger powder and cover the pan. Cook until the chops are tender, the length of time will depend on how you like the chops. In Indian cooking meat is never left pink in the middle and the chops would be cooked 30-40 minutes. If you like them pink in the middle then cook them for no longer than 10-12 minutes. Drain the chillies and add to the chops along with the nutmeg and sugar. Cook for 1-2 minutes and add the lime juice, saffron and rose water. Stir and mix well, remove from the heat and serve with naan or basmati rice.