

Ginger and Saffron Lamb Cutlets Recipe

Ingredients:

2 cm piece ginger, peeled, roughly chopped
3 garlic cloves, peeled, bruised
¼ cup lime juice
1 teaspoon chili powder
½ teaspoon ground turmeric
12 French-trimmed lamb cutlets
¼ teaspoon saffron threads
3 tablespoons natural yoghurt
1 tablespoon olive oil
Coriander leaves, wilted baby spinach, thinly sliced red chili and red onion, to serve

Garam Masala:

2 teaspoon ground mace (obtainable from Indian food and spice shops)
2 teaspoon ground cardamom
2 teaspoon ground fennel seeds

Method:

Combine the garam masala spices in a bowl. Use a mortar and pestle or food processor to grind ginger, garlic and a pinch of salt to a paste. In a large bowl, combine the paste with the garam masala, lime juice, chili powder, turmeric and ½ teaspoon salt. Add lamb and coat well, then cover and marinate in the fridge for 2 hours. Place saffron threads in a small bowl with 1½ tablespoons of boiling water. Cool, then add yoghurt, season and stir until smooth. Add to lamb and coat well. Preheat the oven to 180 degrees Celsius. Line a baking tray with baking paper. Heat oil in a large frypan over medium high heat. Cook the lamb, in batches, for 1 minute on each side to seal, then transfer to the prepared tray. Bake for 10 minutes for medium or until cooked to your liking. Rest for 4 minutes, then serve with coriander, spinach, chili and onion