

Lamb Curry Recipe

Ingredients: Serves 4

1kg lamb, mutton, beef or chicken, cut into cubes
3 tablespoons meat curry powder, mixed with
5 tablespoons water to form a curry paste
2 teaspoons salt
3 limes, squeezed for juice
2 tablespoons tomato puree
4 tablespoons water
3 green chilies, slit into 2 lengthwise but left whole
2 red chilies, slit into 2 lengthwise but left whole
3 tomatoes, cut into quarters, optional
5 potatoes cut into quarters, optional
¼ cup yoghurt, optional
5 tablespoons vegetable oil
2 large onions, peeled
2 slices ginger
3 cloves garlic

Method:

Pound or grind ginger, onions and garlic until fine; heat oil and stir-fry the pounded ingredients until aromatic. Add curry paste and stir-fry for 4 to 5 minutes over medium heat until oil exudes and mixture is aromatic. Add the meat and stir-fry well. Add lime juice, tomato puree, water and salt and cook for 20 minutes. Add chilies and simmer gently for a few minutes before serving.

Optional ingredients:

potatoes - add at the same time as the meat if you are using chicken. For lamb, mutton or beef, add the potatoes in the last 40 minutes of cooking. (These meats take about 1½ hours to cook).
Tomatoes - add in the last 15 minutes of cooking. Yoghurt - add almost at the end of the cooking time and simmer gently for 5 to 6 minutes to thicken gravy.

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