

Lamb Korma Recipe

(Indian Lamb Korma Recipe)

Ingredients: Serves 6

1 kg (2 lb) boned leg of lamb
2 medium onions, peeled
1 tablespoon peeled and chopped fresh ginger
2 large cloves garlic, peeled
¼ cup raw cashews or blanched almonds
2-6 dried chilies, seeded
2 teaspoons ground coriander
1 teaspoon ground cumin
¼ teaspoon ground cinnamon
¼ teaspoon ground cardamom
¼ teaspoon ground cloves
½ teaspoon saffron strands
2 tablespoons boiling water
1 tablespoon ghee
2 tablespoons oil
2 teaspoons salt
½ cup yoghurt
2 tablespoons chopped fresh coriander (cilantro) leaves

Method:

Cut lamb into large cubes, trimming off excess fat if any. Slice one onion finely and set aside. Chop other onion roughly and put into container of electric blender with ginger, garlic, cashews and chilies. Add half cup water to blender jar, cover and blend on high speed for a minute or until all ingredients are ground smoothly. Add all the ground spices and blend for a few seconds longer. Put saffron strands into a small bowl, pour the boiling water over and allow to soak while starting to cook the masala (ground spice mixture). Heat ghee and oil in a large saucepan and when hot put in the sliced onion and fry, stirring frequently with a wooden spoon, until soft and golden. Add the blended mixture and continue to fry, stirring constantly until the masala is well cooked and the oil starts to separate from the mixture. Wash out blender container with an extra ¼ cup water, add to pan together with salt and continue to stir and fry until the liquid dries up once more. Add the meat and stir over medium heat until each piece is coated with the spice. Stir the saffron, crushing the strands against side of the bowl, then add to the pan. Stir to mix well. Add yoghurt and stir again until evenly mixed. Reduce heat to low, cover and cook at a gentle simmer for an hour or until meat is tender and gravy thick. Stir occasionally taking care that the spice mixture does not stick to base of pan. When lamb is cooked, sprinkle with fresh coriander leaves, replace lid and cook for 5 minutes longer. Serve hot with rice.