

Massaman Lamb Curry Recipe

Ingredients: Serves 4-6

2 cups (500ml) coconut milk
2-3 tablespoons vegetable oil (optional)
¼ cup (60ml) massaman curry paste (pls. refer to
More Indian Recipes below)
375g boneless lamb leg, thinly sliced
2 potatoes or 375g sweet potato, taro, or pumpkin,
peeled and cubed
1 teaspoon palm sugar
5 bay leaves
5 cardamom pods, toasted
2-3 tablespoons fish sauce
3-5 tablespoons tamarind puree, to taste

Method:

Let coconut milk stand, allowing the thick coconut milk to rise to the top. Spoon thick coconut milk into a small bowl and reserve 2 tablespoons for garnish. In a wok or large, heavy frying pan, heat the thick coconut milk over medium-high heat, stirring constantly, until it separates, 3-5 minutes. If it does not separate, add optional oil. Add curry paste and fry, stirring constantly, until fragrant, 1-2 minutes. Add meat and potatoes or other vegetable and cook until lamb is lightly browned on both sides, 2-3 minutes. Add remaining thin coconut milk, increase heat and bring to a boil. Add palm sugar - if using a wok, add it along the edge of the wok so that it melts before stirring into the curry; if using a frying pan, add directly to the curry. Add remaining ingredients and bring just to a boil. Reduce heat and simmer until vegetables are tender, about 20 minutes. Transfer to a serving bowl, and serve.

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