

## Rogan Josh Recipe

(Lamb Casserole Recipe)

### Ingredients: Serves 4

8 lamb shanks, approximately 800g  
3 cloves  
5 cardamoms  
1-inch (2.5cm) piece of ginger, ground into a paste  
5 cloves garlic, ground into a paste  
Salt to taste  
55ml yoghurt  
1 onion, chopped and ground into a paste, then browned in a little oil  
1 teaspoon chili powder  
450ml stock  
55ml tomato puree  
1 tablespoon almonds, crushed into a paste  
½ teaspoon garam masala  
Oil for cooking

### Garnish:

1-inch piece of ginger, julienned  
1 sprig leaf cilantro (coriander leaves)  
a pinch of saffron threads, soaked in 3 tablespoons rose water or hot water

### Method:

Heat 1 tablespoon of oil in a frying pan over a medium heat. When the oil is smoking, sauté the cloves and cardamoms until they crackle. Add the ginger and garlic pastes and cook until almost dry. Add the lamb shanks, salt, yoghurt, browned onion paste and chili powder. Stir for 5 minutes and raise the heat to high. Add the stock, and when boiling, turn down the heat and simmer until the meat is tender. This should take about 30 minutes. Remove the lamb shanks and place them in an oven-proof casserole. Strain the curry from the original frying pan into another pan. To this, add the tomato puree and cook over a high heat until the liquid is reduced by half. Stir in the almond paste and the garam masala. Pour the mixture over the shanks. Garnish, then cover the casserole, and cook for 10 minutes in a hot oven (190°C). Serve.

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