

Lamb Rogan Josh

Preparation Time: 10 - 20 minutes • Cook Time: 1 – 1 ½ hours
Serves 4 - 6

Spice Packet Contains:

Ground ginger, turmeric, garam masala, madras curry powder, salt, chili powder, ground cumin, cayenne pepper, bay leaves, cinnamon stick, ground black pepper, almond meal *Extra packet of hot chili powder

You Will Need:

2 onions, chopped

2 cloves garlic, crushed

2 tablespoons cooking oil of your choice

2 - 3 pounds boneless lamb cut into 1 or 2-inch pieces

1 small can tomato paste

1 ¼ cup water

1 cup heavy cream

(May substitute Greek-style yogurt or coconut milk)

1 teaspoon lemon juice

Cilantro leaves for garnish, if desired

Method:

In a 4 - 5 quart pot, cook the diced onions in the oil until translucent. Add the garlic and cook for a minute more.

Turn down the heat and add the contents of the larger spice packet and the cinnamon stick. Cook for another few seconds, stirring constantly.

Add the lamb pieces and mix until coated with the onion/garlic/spice mixture.

To prevent the dairy from curdling, turn off the heat and add the tomato paste, water, cream/yogurt/coconut milk and lemon juice. Mix together.

Turn the heat back on and simmer (on lowest heat) while covered, stirring occasionally, for 1 – 1 ½ hours until the lamb is tender or until the sauce has reduced to the desired thickness. Stir in additional water if sauce is too thick.

*Taste and add extra chili powder, a little at a time, if you like it hotter.

*Tip: Begin cooking the rice while the dish simmers.

Vegetables of your choice, e.g. cauliflower, green beans, eggplant may be added about 10 minutes before cooking time is complete.

Discard the bay leaves and cinnamon stick before eating.

Serve over Basmati rice, garnished with cilantro leaves if desired and with a green salad.

Enjoy!