

## Fragrant Lamb Curry



*As people get older their sense of smell and taste diminish. But curry, with its stronger aroma and distinctive taste, is more easily recognised by residents whose taste buds might not be as receptive as they once were. The recipe can be easily adapted for different palates - it can be enriched with a shot of cream for those residents whose diet requires a calorie boost or additional dried fruits and vegetables can be added to increase the vitamin and mineral intake. Curry also lends itself to soft food diets, meaning that residents with dysphagia can enjoy it too.*

Preparation time: 15 minutes

Cooking time: 1 hour & 45 minutes

**Serves:** 4

**Profitability:**

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**Ingredients:**

CURRY

750g lamb shoulder, diced

80ml vegetable oil

300g uncooked basmati rice

2 red onions, chopped

2 tbsp cinnamon

2 tbsp ground coriander

2 tsp garlic puree

2 tsp turmeric

3 bay leaves

750ml vegetable stock

400g tin chopped tomatoes

1 large potato, chopped into small cubes

3 carrots, sliced 1cm wide

Small bunch of fresh coriander, stem

#### VEGETABLE GARNISH

20 ml vegetable oil

1 red pepper, deseeded & chopped into 2cm wide slices

1 yellow pepper, deseeded & chopped into 2cm wide slices

1 green pepper, deseeded & chopped into 2cm wide slices

½ red onion, chopped into 1cm pieces

#### Steps:

Heat 40ml cooking oil in a large frying pan. Add the lamb and brown off. Once sealed remove from the pan and set aside

Heat the remaining 40ml cooking oil in the same pan and sauté the onions until they soften and slightly brown. Add the cinnamon, ground coriander, garlic puree, turmeric and the curry and bay leaves. Heat for 3 minutes stirring occasionally

Add the lamb back into the pan and stir in the stock and tomatoes. Bring to the boil before simmering (covered) for 90 minutes. Stir occasionally

After 60 minutes add the potato and carrots, stir and continue to simmer uncovered until the lamb is tender and the vegetables cooked through. Season to taste

Rinse the rice in cold water before bringing it to the boil. Simmer for 10 minutes before draining

Heat the remaining 20ml cooking oil and fry the peppers and red onion until lightly cooked.  
Remove from the heat and stir in the chopped fresh coriander

Serve the curry with the rice and vegetables