

Lamb in Indian Pickling Spices



The longer this dish sits for the nicer it gets, as the flavour improves over time, so it's a good cook-now, serve later dish. Ideal to cater for big numbers, it is a dish you can't really get wrong; very traditional and healthy - it won't fail to impress!

Preparation time: 30 minutes

Cooking time: 90 minutes

Needs to marinate overnight

Serves: 4

Profitability:

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Ingredients:

500g lamb neck fillet, cut into cubes

FOR THE MARINADE

2 tbsp natural yogurt

2 tbsp raw papaya skin

1/4 tsp salt flakes

1/2 tsp asafoetida

2 tsp fenugreek leaves

Key Spices

1 tsp cumin seeds

1 tsp coriander seeds

1 tsp mustard seeds

1/2 tsp black peppercorns

1 inch piece of cassia bark

1 bay leaf

1 tsp turmeric powder

1 tsp red chilli flakes

WARMING SPICES

1 tsp fennel seeds

4 green cardamoms, lightly bashed

2 black cardamoms, lightly bashed

3 cloves

OTHER SPICES

1/4 tsp Nigella seeds

4 whole dry Kashmiri chillies

2 tsp mango powder

WET INGREDIENTS

4 tbsp vegetable oil

2 large onions, finely chopped

2 tsp pulped garlic

2 tsp pulped ginger

2 green chillies, pierced

200g good quality tinned chopped tomatoes

280ml water

Juice 1 small lemon

Small bunch coriander, roughly chopped including stalks

1 tsp jaggery

6 curry leaves (optional)

Himalayan pink rock salt or sea salt flakes to taste

Steps:

Place the lamb in a large bowl. Blend all the marinade ingredients to create a paste, coat the lamb, cover the bowl and refrigerate overnight

Next day, remove the lamb from the fridge, and bring to room temperature

In a small dry frying pan, warm through for 1 minute on a low heat the cumin seeds, coriander seeds, mustard seeds and black peppercorns until fragrant. Remove from heat, add to the pestle and mortar and grind

In a large sauté pan, add the oil and warm on a low heat. Add the onions, cassia bark, bay leaf and salt to taste. Sauté for 5 minutes

Add the turmeric and red chilli flakes, stir and sauté for 2 minutes

Add the chopped tomatoes, jaggery and curry leaves, and continue to sauté for a further 10 minutes, stirring occasionally

Add the garlic, ginger and green chillies, and sauté for 2 minutes

Add the contents of the pestle and mortar, stir well, and sauté for about 10 minutes to resemble a paste. If it becomes dry add a little water

In another small dry frying pan, add the warming spices and roast on a low heat until fragrant. Add them to the large sauté pan, stir well

Add the lamb, coat and cook on a high heat for 10 minutes, stirring frequently

Add the water, bring to the boil, then reduce to low simmer, and cook the lamb until tender

After 75 minutes, add the lemon juice, and cook for another 15 minutes

The slower you cook this dish, the better it will taste. You only need to stir once or twice during this time

Once most of the oil appears on the surface the lamb is almost ready. If it needs more time or you want a thicker sauce cook without the lid on

Remove from the heat, add the chopped coriander and serve with hot chapattis

