

Pulled Lamb with Fiery Mint Chutney



Preparation time: 30 minutes

Cooking time: 4 hours 40 minutes

Serves: 4

Profitability:

Author: Anjula Devi, cook & author of Spice for Life

Ingredients:

1.5kg boneless shoulder lamb, butterflied & scored

KEY SPICES

1 tsp turmeric powder

2 tsp red chilli flakes

2 Indian bay leaves

2 1-inch pieces cassia bark

2 tsp cumin seeds

1 tbsp coriander seeds

1 tsp black peppercorns

1 tsp brown mustard seeds

1 tbsp paprika

WARMING SPICES

8 green cardamoms

2 black cardamoms

2 cloves

1 tsp fennel seeds

2 tbsp fenugreek leaves

OTHER SPICES

2 tbsp mango powder

WET INGREDIENTS

2 large onions, sliced

250ml white wine vinegar

2 tbsp Worcestershire sauce

2 tbsp dark brown soft sugar

2 tbsp jaggery, grated

4 tsp pulped garlic

2 tsp pulped ginger

4 fresh mild green chillies minced (you can remove the membrane and seeds if you prefer a milder version)

150g sundried tomato paste

4 large ripe tomatoes, finely chopped

4 tbsp raw papaya skin (try not to miss this ingredient out as it's the tenderiser for the lamb)

4 tbsp groundnut oil or vegetable oil

GARNISH

1 small bunch coriander, chopped

1 lime, zest & juice

FIERY MINT CHUTNEY

1 tsp cumin seeds

1/4 tsp black peppercorns

1 tsp fennel seeds

100 ml water

1 tsp grated jaggery

2 tsp redcurrant jelly

2 tbs red wine vinegar

1 tsp pulped garlic

1-2 fresh green or red chillies, minced (or you can leave the chillies out altogether for a milder chutney)

1 large bunch of fresh mint, leaves picked & finely chopped

1 small bunch of coriander including the stalks, finely chopped

Sea salt to taste

Steps:

Take a large frying pan set on a low heat, add all the key spices and gently warm through for 1 minute

Remove spices from heat and place in a pestle and mortar. Grind to a fine powder and add to a large mixing bowl

Take all of the wet ingredients and the mango powder and add to the bowl. Mix really well, add lamb and coat it with all the other ingredients

Cover bowl and place in the fridge to marinate overnight

Remove and bring to room temperature for at least 30 minutes

Preheat oven to 140 °C. Place lamb (and marinade) in an oven proof dish. Cover with foil and cook for 4 hours

Warm through the warming spices for 1 minute. Remove. Bash green and black cardamoms in a pestle and mortar, remove husks and place seeds back into the pestle and mortar. Grind to a

fine powder along with the cloves, fennel and fenugreek. Set aside

Remove the foil, add the ground warming spices to the lamb and cook for a further 30 minutes without the foil on, or until the meat just pulls away

Remove from the oven, add the coriander, mint, lime juice and zest

FIERY MINT CHUTNEY

Place a small dry pan on a low heat and gently warm through the spices for 1 minute. Remove from the heat, place in a pestle and mortar, grind to a fine powder and set aside

Take a small saucepan and bring the water, jaggery, redcurrant jelly and red wine vinegar up to the boil. Remove from the heat, add the ground spices, garlic, chillies, mint, coriander and sea salt. Mix really well, cover and leave to cool

Serve the lamb with fresh chapattis and the chutney