

Aloo Gosht

A simple but rich lamb curry, popular in the North of the Indian-subcontinent

Prep time – 15 minutes
Cooking time – 40-50 minutes
Serves 4-6

Ingredients:

1kg diced boneless lamb; 3 large potatoes, peeled and quartered; 4 medium onions finely sliced, 2 tsp cumin seeds, 3-4 green cardamom, 3-4 cloves, 1 tbsp ground coriander, 1 tbsp of ginger and garlic paste, ½ tsp turmeric, 1-2 tsp Kashmiri chilli powder, ½ tsp ground nutmeg, ½ tsp ground mace, 1 tsp garam masala, salt to taste, oil for cooking.

Method:

In a heavy based saucepan, add 3-4 tbsp of oil and fry the sliced onions until golden brown. Remove with a slotted spoon and set aside.

In the same pan, add the cumin and ginger and garlic paste. Fry for a 2-3 minutes, and then add the meat. Add salt, ground coriander, chilli powder, turmeric, and garam masala and stir to coat the meat. Fry the meat for 4-5 minutes, or until it starts to seal. Add the cardamom and cloves, fried onions, and 1 cup of water. Mix and cover to cook on medium heat for 10-15 minutes. Check to see if most of the moisture has dried out.

Next, add the potatoes, salt to taste, nutmeg, and mace. Stir well and then cover to cook on low heat until the meat and potatoes have cooked through. This takes roughly 20-25 minutes.

Serve with rice or naan.