



Lamb Curry

Ingredients

2 kg boned and diced lamb shoulder with a little fat left on the meat
2 onions diced
50gram chopped garlic
50 gram chopped ginger
100g ground cumin
1 teaspoon fennel seeds
1 teaspoon turmeric
1 teaspoon black pepper
3 red chillies chopped
1 bunch picked and chopped mint
100ml lemon juice
2 kg chopped tomatoes
2 teaspoon garamarsala
1 bunch picked and chopped coriander

Method

1. Heat a film of oil in a thick based saucepan.
2. Fry the garlic, onion, ginger, cumin, turmeric, fennel seeds and pepper for 2 minutes.
3. Add the diced lamb and coat in the mixture
4. Add the tomatoes, chilli, mint, lemon juice and cook for 1-2 hours until lamb is tender.
5. Add the garamarsla. For the best flavour, let sit for two days ENJOY

To serve bring to the boil check salt level and garnish with chopped coriander

Hear Chef Michael on 2NURFM Wednesday mornings at 11.20 for the latest tips on food.

Only on



visit the websites 2nurfm.com or hotrock.com.au