

ROGAN JOSH



Ingredients (serves 4 people):

500 g boneless lamb shank

Ghee to taste

1 diced onion

120 g of yogurt

1 tsp ground coriander

1 tsp ground cumin

½ tsp ground cardamom

½ tsp Indian curry

2 cloves minced garlic

½ tsp chopped ginger

200 g of skinless tomatoes and seeds

1 tsp garam masala recipe found in Classic Herbs and Spices

Salt to taste

Coriander leaves to decorate to taste

100 ml of milk

200 g of basmati rice

40 g of rolled almond

Stock meat to taste

Preparation:

1. Cut the lamb meat into 2 cm cubes and season with salt and pepper.
2. In a deep pan heat the ghee and fry the lamb meat until completely sealed on all sides.
3. Put the onion and fry until golden brown.
4. Add the dried spices and fry some more.
5. Add garlic and ginger and brown.
6. Add tomatoes and cook over low heat.
7. Cook over slow heat for ½ hour.
8. If necessary, place meatloaf.
9. Add milk and cook until sauce curves.
10. Remove from heat and allow to cool slightly.
11. Add the beaten yogurt.
12. In a skillet lightly toast the rolled almonds.
13. Serve garnished with rolled almonds and coriander leaves.
14. Serves with basmati rice.