

Lamb Curry (Karahi)



Ghee

3 lge Onions

3 tins Tomatoes

15 cloves Garlic

Small handful chopped Ginger

½ cup Water

Cubed shoulder of Lamb

1 Tbsp Coriander powder

1 Tbsp Cumin

1 Tbsp Chilli

1 Tbsp Paprika

1 Tbsp Turmeric

Liquidised Green Chilli's(not too hot)

Fresh Spinach

Fresh Coriander

1 tsp Garam Masala

Add the first five ingredients to a Blender and liquidise in water with a tsp Salt for 30 seconds . Pour into a heavy pot, place cubed Lamb and cook on low light for 30 mins. Add the five powdered spices with liquidised green Chillis and cook until Ghee rises to surface, leave until meat is tender. Add fresh Spinach, cook through, then add Coriander and finally one tsp Garam Masala.

Great with Rice cooked with crushed Cardamons and Cinnamon.