



Daal gosht

Lamb on the bone and chana daal simmered together into a thick, hearty curry. A little meat goes a long way.



Serves 5 **Prep** 15 min **Cook** 1 hr 15 min

Ingredients

500g lamb shoulder in bone-in curry pieces

250g chana daal, soaked for 1 hour

4 tbsp oil or ghee

2 onions, thinly sliced

1 tbsp ginger paste

1 tbsp garlic paste

2 tomatoes, chopped

1 tsp turmeric

1½ tsp chilli powder

2 tsp ground coriander

1½ tsp salt

1 tsp garam masala

For the tarka

2 tbsp ghee

1 tsp cumin seeds

3 garlic cloves, sliced

1 handful fresh coriander, chopped

Ask at the counter for

500g lamb shoulder in bone-in curry pieces

Method

1. Heat the oil and fry the onions for 10 to 12 minutes until golden. Add the lamb, ginger and garlic and fry for 8 minutes.
2. Add the tomatoes, turmeric, chilli, ground coriander and salt and cook for 5 minutes. Add 400ml of hot water, cover and simmer for 25 minutes.
3. Drain the chana daal, add it to the pan with 600ml of hot water, cover and simmer for 30 to 40 minutes, until the lamb is tender and the daal is soft but holding its shape.
4. Stir in the garam masala. For the tarka, heat the ghee in a small pan, fry the cumin seeds and garlic until golden, and pour it over the curry. Finish with coriander.

Tips

- Short of time? Red lentils need no soaking and cook in 20 minutes, but give a softer, looser curry.
- It thickens as it stands. Loosen it with a splash of hot water when you reheat it.

