



# Lamb rogan josh

Kashmiri-style lamb, slow-cooked in yoghurt with Kashmiri chilli, fennel and ginger until the sauce is deep red and the lamb falls apart.



**Serves 4**   **Prep 15 min**   **Cook 1 hr 45 min**

## Ingredients

1kg boneless lamb shoulder, in 4cm chunks

4 tbsp oil or ghee

4 green cardamom pods

4 cloves

1 cinnamon stick

2 onions, finely chopped

1 tbsp ginger paste

1 tbsp garlic paste

3 tsp Kashmiri chilli powder

2 tsp ground fennel seeds

1 tsp ground ginger

1 tsp ground coriander

1 tsp salt

250g plain yoghurt, whisked

1 tsp garam masala

### Ask at the counter for

1kg boneless lamb shoulder, in 4cm chunks

## Method

1. Heat the oil in a heavy pan and fry the cardamom, cloves and cinnamon for 1 minute. Add the onions and fry for 10 to 12 minutes until golden.
2. Add the lamb and fry on a high heat for 8 minutes until browned. Stir in the ginger and garlic pastes and fry for 2 minutes.
3. Mix the chilli powder, fennel, ground ginger, coriander and salt with 3 tablespoons of water and add to the pan. Fry for 2 minutes.
4. Take the pan off the heat and stir in the yoghurt a spoonful at a time, so it doesn't split. Put it back on a low heat, add 300ml of hot water, cover and simmer for 1 hour 15 minutes, until the lamb is tender.
5. Uncover, stir in the garam masala and cook for 5 to 10 minutes until the sauce is thick and deep red. Serve with rice or naan.

## Tips

- Adding the yoghurt off the heat stops it splitting.
- Like it hotter? Add a teaspoon of ordinary chilli powder with the Kashmiri.

