



Shinwari lamb karahi

The Pashtun roadside karahi: lamb on the bone cooked in its own fat with salt, tomatoes, green chillies and black pepper. No spice powders needed.



Serves 4

Prep 10 min

Cook 55 min

Ingredients

1kg lamb shoulder in bone-in karahi pieces, with some fat

3 tbsp ghee or oil, if the lamb is lean

1½ tsp salt

1 tbsp ginger paste

1 tbsp garlic paste

500g tomatoes, halved

6 green chillies, slit

1½ tsp black pepper, coarsely crushed

1 thumb of fresh ginger, in thin strips

1 handful fresh coriander, chopped

Ask at the counter for

1kg lamb shoulder in bone-in karahi pieces, fat left on

Method

1. Put the lamb in a karahi or wide, heavy pan with the ghee, if using, and the salt. Cook over a high heat for 10 minutes, turning the pieces, until browned and sizzling in their own fat.
2. Add a cup of water, cover and cook on a low heat for 30 to 35 minutes, until the lamb is tender. Check now and then and add a splash of water if it starts to catch.
3. Turn the heat up high, add the ginger and garlic pastes and fry for 2 minutes.
4. Add the tomatoes, cut side down. When the skins loosen after 3 to 4 minutes, pull them off with tongs and throw them away, then mash the tomatoes into the meat.
5. Add the green chillies and black pepper and keep cooking on a high heat, stirring, for 5 minutes, until the sauce clings to the meat and the fat separates. Scatter with ginger strips and coriander and serve from the pan with naan.

Tips

- Mutton on the bone works too. Give it an extra 20 to 30 minutes in step 2.
- Use a heavy pan and the highest heat you have at the end. That's where the flavour comes from.

