



Goshit
Lamb

Gosht Tamatar Mai

Lamb Loin Chops in Tomatoes

3 tablespoons oil
4 lamb loin chops, weighing a total of 500–600 g (1 lb–1 lb 3 oz)
1 teaspoon caster sugar
450 ml (¾ pint) water
250 g (8 oz) tomatoes, peeled, skinned and finely chopped
200 ml (7 fl oz) passata
2 green chillies, left whole and pierced
salt

FROM YOUR SPICE BOX

WHOLE SPICES

½ teaspoon (1 spice spoon) cumin seeds
2 cloves
a 2.5-cm (1-inch) cinnamon stick

GROUND SPICES

a pinch of asafoetida
1 teaspoon (2 spice spoons) chilli
1¼ teaspoons (2½ spice spoons) fennel
1 teaspoon (2 spice spoons) ginger
¼ teaspoon (½ spice spoon) garam masala

SERVES 4

Heat the oil in a heavy-based saucepan over high heat. When hot, add the cumin seeds from the ground spices and fry for about 30 seconds. When they begin to sizzle, add the cloves and cinnamon stick and the asafoetida from the ground spices. Fry for another 30 seconds.

Add the lamb chops and some salt to taste and stir before covering and leaving to cook for 5–7 minutes. Boil and reduce the water so that the chops begin to brown in the oil.

Tilt the pan at an angle just slightly to accumulate all the oil in one spot and add the sugar here. Stir to caramelise the sugar in the oil.

Put the pan flat again and add the chilli, fennel and ginger from the ground spices. Stir and add the water. Cover and simmer for 20 minutes or until the meat is tender, the water has reduced and the oil is visible (you may need to add 50 ml (2 fl oz) water if needed).

Add the tomatoes and stir for 3 minutes before adding the passata and the green chillies. Cover and simmer for 15 minutes stirring occasionally.

Finish with the garam masala. Serve hot with plain rice or flatbread.

Quote?



Koshur Rogan Gosh

Kashmiri Lamb Rogan Josh

650 g (1 lb 5 oz) boneless leg of lamb, cut into bite-sized pieces
4 tablespoons natural yogurt
1 teaspoon salt
4 tablespoons oil
a pinch of nutmeg
1 star anise
a pinch of mace
1 teaspoon granulated sugar
1 tablespoon ghee or butter
natural red vegetable or flower food colouring (i.e. beetroot powder or flowers as used in Kashmir)
2 tablespoons tomato purée
200 ml (7 fl oz) water
¼ teaspoon ground cinnamon
4–5 saffron threads, soaked in 1 tablespoon warm milk for 5 minutes

FROM YOUR SPICE BOX

WHOLE SPICES

2 bay leaves
1 cardamom, pod removed and seeds crushed
a 2.5-cm (1-inch) cinnamon stick
3 cloves
½ teaspoon (1 spice spoon) cumin seeds

GROUND SPICES

1 teaspoon (2 spice spoons) chilli
1 teaspoon (2 spice spoons) ginger
1½ teaspoons (3 spice spoons) fennel
¼ teaspoon (½ spice spoon) cumin
a pinch (¼ teaspoon) asafoetida
½ teaspoon (1 spice spoon) garam masala

SERVES 4

Put the lamb in a large bowl and mix in the yogurt, salt and the bay leaf and cardamom from the whole spices. Mix and coat the lamb with the ingredients and set aside for 10–15 minutes.

Heat the oil in a heavy-based saucepan over medium heat. When hot, add the remaining whole spices, the nutmeg, star anise and mace. Fry for 30 seconds and then add the lamb mixture.

Turn the lamb in the oil several times and cook for 2 minutes to seal the meat pieces. Cover and simmer the lamb in its own water with occasional stirring for 20–25 minutes or until the lamb is tender and the oil is visible again. Add 50–100 ml (2–3½ fl oz) water if required to make the meat tender.

Make a well in the centre of the lamb and add the sugar with the ghee or butter. Also add the natural plant or food colouring (if using)

Cook, stirring regularly, for 1–2 minutes, allowing the sugar to caramelize and then lower the heat and add all the ground spices, except the garam masala, and the tomato purée

Add 100 ml (3½ fl oz) of the water and stir well. Cook and stir frequently for a further 10 minutes or until the oil separates from the lamb. Add in the ground cinnamon and the garam masala, stir and pour in remaining water. Cook for 1–2 minutes.

Finish with the saffron milk and serve hot with rice and/or chapati, cucumber raita [<is this the recipe from the original book – change to one in this book?>](#) and Hak (see page 000).

Tip:

Add in tip about asking butcher for bones and including in recipe for flavour.

This is an all time favourite of ours; you could call it the basic meat recipe with no onions, ginger or garlic – just meat and spices in natural yogurt.



Keema & Aloo

Lamb Mince & Potatoes

3 tablespoons oil
4 potatoes, peeled and cut into
16 pieces
1 red onion, diced
a 2.5-cm (1-inch) piece of
fresh ginger, grated
3 garlic cloves, crushed
500 g (1 lb) minced lamb
4 tomatoes, peeled and diced
250 g (8 oz) passata
400 ml (14 fl oz) water
3 tablespoons freshly chopped
coriander leaves
salt

FROM YOUR SPICE BOX

WHOLE SPICE

½ teaspoon (1 spice spoon)
cumin seeds

GROUND SPICES

1 teaspoon (2 spice spoons)
chilli
½ teaspoon (1 spice spoon)
turmeric
1 teaspoon (2 spice spoons)
ginger
1 teaspoon (2 spice spoons)
fennel
1 ½ teaspoons (3 spice spoons)
coriander
¼ teaspoon (½ spice spoon)
cumin
½ teaspoon (1 spice spoon)
garam masala

SERVES 4-6

Heat the oil in a heavy-based saucepan over high heat. When hot, add the potatoes. Fry for **XX minutes** until golden brown and then remove with a slotted spoon. Set aside.

Put the cumin seeds from the whole spices into the pan and when they begin to sizzle add the onions. Fry for 3 minutes or until they are soft and translucent. Add the ginger and garlic and fry for 1 minute before adding the lamb.

Cook, stirring regularly for 5-6 minutes, or until the overall colour in the pan changes from pink-red to mostly brown.

Add all the ground spices, except for the gram masala, and some salt to taste. Stir well for 30 seconds and then add in the tomatoes, passata and the cooked potatoes. Cook, stirring, for 2 minutes.

Add the water, cover and simmer for 20-25 minutes or until the potatoes are tender. Stir in the garam masala and half the coriander leaves. Finish with a sprinkling of fresh coriander and serve with rice or flat bread, raita and vegetables of your choice.

For Priya, mince and potatoes was her star 'student meal' as it was so easy to cook. She would have this at least three times a week varying it with mushrooms, peas or colourful bell peppers.



Tandoori Gosht

Tandoori Lamb Skewers

2 tablespoons oil
1 red onion, minced
5 garlic cloves, crushed
4–5 green chillies, deseeded
and crushed into a paste
1 tablespoon white poppy
seeds, ground
1 teaspoon ginger juice (see
Tip)
1 tablespoon thick Greek
yogurt
1 teaspoon paprika
½ teaspoon salt, or to taste
600 g (1 lb 3 oz) lean lamb,
diced into small pieces
butter, for basting

FROM YOUR SPICE BOX
GROUND SPICE
2 teaspoons (4 spice spoons)
garam masala

SERVES 4

Put the oil, onion, garlic, chillies, ground poppy seeds, ginger juice, yogurt, paprika and some salt in a bowl and mix together well.

Put the lamb pieces in a shallow dish large enough to hold them all. Rub the marinade into both sides of the chops, cover with clingfilm and transfer to the fridge for as long as possible, at least 1 hour.

Thread the marinated lamb pieces onto metal skewers and preheat the grill to medium.

Place the skewers in a single layer on the grill tray and grill **for XX minutes** on both sides, brush with a little melted butter halfway through cooking, moving the chops around to brown evenly.

Serve hot with a chutney of your choice and onion rings and Cumin Potatoes (see page 000).

Tip:
To make ginger juice, grate a piece of fresh ginger and squeeze the gratings in your hand to produce some juice.

Traditionally, lamb pieces are placed on a skewer and cooked in a tandoor (clay oven) but you may like to put them on a barbecue to get the very same results. Excellent to take in a cool box and have a barbeque on a summer's day!



Badam Gosht

Lamb in Almond Sauce

2 tablespoons ground almonds
100 ml (3½ fl oz) water
1 large red onion, roughly chopped
2 garlic cloves
a 2.5-cm (1-inch) piece of fresh ginger
1 green chilli, deseeded
4 tablespoons natural yogurt
1 teaspoon lemon juice
½ teaspoon salt
¼ teaspoon freshly ground black pepper
500 g (1 lb) boneless leg of lamb, cut into smaller than bite-sized pieces
3 tablespoons oil
½ tablespoon ghee or butter
a pinch of ground cinnamon
100 ml (3½ fl oz) passata
1 tablespoon tomato purée

FROM YOUR SPICE BOX

WHOLE SPICES

½ teaspoon (1 spice spoon) cumin seeds
3 cloves
1 bay leaf
3–4 curry leaves, plus extra to finish
1 star anise
2 cardamoms, pods removed and seeds crushed

GROUND SPICES

1 teaspoon (2 spice spoons) chilli
½ teaspoon (1 spice spoon) ginger
¾ teaspoon (1½ spice spoons) fennel
½ teaspoon (1 spice spoon) coriander
¼ teaspoon (½ spice spoon) turmeric
½ teaspoon (1 spice spoon) garam masala
a pinch (¼ spice spoon) asafoetida

SERVES 4

Put the ground almonds and water in a bowl and whisk together for 1 minute. Set aside.

Put the onion, garlic, ginger, green chilli, yogurt, lemon juice, salt and pepper in a food processor or blender and blitz **for XX minutes** to form a smooth paste.

Put the lamb in a shallow dish and brush or spoon the paste all over making sure it is completely coated. Set aside for 15–30 minutes.

Heat the oil in a heavy-based saucepan over medium heat. When hot, add all the whole spices along with the asafoetida from the ground spices. Fry for 30 seconds.

Add the lamb. Stir to combine the spices with the lamb for a minute and then remove and leave to cool slightly.

Cover the pan with a sheet of foil and seal the edges over; cover with the lid and return to medium heat for 20–25 minutes, or until the lamb is cooked and tender.

Remove the foil and add the ghee or butter, ground cinnamon and all the remaining ground spices, except the garam masala. Stir all the ingredients together and cook for 5–8 minutes.

Add the passata and tomato purée. Cook, stirring occasionally for about 5 minutes and then add the soaked ground almonds and water. Cook for 2–3 minutes or until a thick sauce forms. Sprinkle with the garam masala and some more curry leaves and serve with rice and naan.

Note:

Longer marination periods will benefit in shorter cooking time; 4 hours to overnight is preferred.

This is a naughty treat with thick almond sauce mmm... really you don't need any chutneys or raitas. Excellent stuff!

