

Balti Lamb Chops with Potatoes



Ingredients:

8 50-75g / 203 oz each
lamb chops
2 tbs olive oil
150ml / .25 pint / 2/3 cup
lemon juice
1 tsp salt
1 tbs chopped fresh mint,
and coriander (cilantro)
150ml / .25 pint / 2/3 cup corn
oil
Mint sprigs
Lime slices

Sauce:

3 tbs corn oil
8 medium roughly chopped
tomatoes
1 bay leaf
1 tsp garam masala
2 tbs natural (plain) yogurt
1 tsp garlic pulp
1 tsp chilli powder
1 tsp salt
.5 tsp black cumin seeds
3 black peppercorns
2 peeled roughly chopped and
boiled medium potatoes

Method:

Put the chops into a large bowl. Mix together the olive oil, lemon juice, salt and fresh mint and coriander (cilantro). Pour the oil mixture over the chops and rub it in well with your fingers. Leave to marinate for at least 3 hours. To make the sauce, heat the corn oil in a deep round bottomed frying pan (skillet) or karahi. Lower the heat and add the chopped tomatoes. Stir fry for about 2 minutes. Gradually add the bay leaf, garam masala, yogurt, garlic, chilli powder, salt, black cumin seeds and peppercorns and stir fry for a further 2-3 minutes. Lower the heat again and add the cooked potatoes, mixing everything together well. Remove from the heat and set to one side. Heat 150ml .25 pint / 2/3 cup corn oil in a separate frying pan. Lower the heat slightly and fry the marinated chops until they are cooked through. This will take about 10-12 minutes. Remove with a slotted spoon and drain the cooked chops on kitchen paper. Heat the sauce in the karahi, bringing it to the boil. Add the chops and lower the heat. Simmer for 5-7 minutes. Transfer to a warmed serving dish and garnish with the mint sprigs and lime slices.

These chops are marinated before being cooked in a delicious spicy sauce. They make a good appetizer served with a mixed salad.

Your Notes



You've got **GREAT** taste!

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