

# Kashmiri-Style Lamb



## Ingredients:

4 tbsp vegetable oil  
.25 tsp asafoetida  
900g/2lb cubed lean lamb  
1 piece of 5cm/2" long crushed fresh ginger  
2 crushed garlic cloves  
4 tbsp Rogan Josh masala paste  
1 tsp chilli powder or 2 tsp sweet paprika  
8-10 strands saffron (optional)  
Plus more for garnishing  
Salt to taste  
About 150ml/.25 pint/ 2/3 cup natural (plain) beaten yogurt

## Method:

Heat the oil in a pan and fry the asafoetida and lamb, stirring well to seal the meat. Reduce the heat, cover and cook for about 10 minutes. Add all the remaining ingredients except the yogurt and almonds and mix well. If the meat is too dry, add a very small quantity of boiling water. Cover the pan and cook on a low heat for a further 10 minutes. Remove the pan from the heat and leave to cool a little. Add the yogurt, 1 tbsp at a time, stirring constantly to avoid curdling. Return to a low heat and cook uncovered until thick. Garnish with a spoonful of yogurt and a few saffron strands.

This curry originated in Kashmir and gets its name, Rogan Josh, from the chillies originally used in the dish. The chilli powder may be reduced for a milder flavour, just add the paprika and 2 tsp tomato puree (paste) to retain the colour.

Your Notes



You've got **GREAT** taste!

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