

Lamb with Spinach



Ingredients:

1 tsp ginger pulp	400g/14oz fresh spinach
1 tsp garlic pulp	1 large seeded and chopped red (bell) pepper
1.5 tsp chilli powder	3 fresh green chopped chillies
1 tsp salt, 1 tsp garam masala	3 tbsp chopped fresh coriander (cilantro)
6 tbsp corn oil	1 tbsp lemon juice (optional)
2 medium sliced onions	
675g/1.5lb lean lamb, cut into 5cm/2" cubes	
600-900 ml/1-1.5 pints/2.5-3.75 cups water	

Method:

Mix together the ginger, garlic, chilli powder, salt and garam masala in a bowl. Set to one side. Heat the oil in a medium saucepan. Add the onions and fry for 10-12 minutes or until well browned. Add the cubed lamb to the sizzling onions and stir fry for about 2 minutes. Tip in the spice mixture and stir thoroughly until the meat pieces are well coated. Pour in the water and bring to the boil. As soon as it is boiling, cover the pan and lower the heat. Cook gently for 25-35 minutes without letting the contents of the pan burn. If there is still a lot of water in the pan when the meat has become tender, remove the lid and boil briskly to evaporate any excess. Meanwhile, wash and chop the spinach roughly before blanching it for about 1 minute in a pan of boiling water. Drain well. Add the spinach to the lamb as soon as the water has evaporated. Fry over a medium heat for 7-10 minutes, using a wooden spoon in a semicircular motion, scraping the bottom of the pan as you stir. Add the red (bell) pepper, green chillies and fresh coriander (cilantro) to the pan and stir over a medium heat for 2 minutes. Sprinkle on the lemon juice (if using) and serve immediately.

Lamb with Spinach, or Saag Goshth, is a well-known recipe from the Punjab. It is important to use red (bell) peppers as they add such a distinctive flavour to the dish. Serve with plain boiled rice, Naan or Paratha. Frozen spinach can also be used for the dish, but use the whole leaf rather than the chopped kind. Allow frozen spinach to thaw, then drain well; there is no need to blanch it.

Your Notes



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