



LAMB ROGAN JOSH

Ingredients

- 1 tbsp olive oil
- 500g diced lamb
- 1 onion, roughly chopped
- 2 garlic cloves, finely chopped
- 25g piece root ginger, peeled and roughly chopped
- 2 tbsp Madras curry paste
- 2 tsp paprika
- 2 bay leaves
- 1 cinnamon stick
- 4 green cardamom , bashed to break the shells
- 4 cloves
- 1 tbsp tomato purée
- 2 large ripe tomatoes chopped
- 100g Greek yogurt

Method

- Preheat oven to 170C/150C fan
- Heat the oil in a large flameproof casserole dish until hot
- Brown the diced lamb in batches over a high heat, removing to a plate as you go
- Whiz the onion, garlic, ginger and curry paste to a purée in a blender or food processor (if you don't have one, you can just finely chop them)
- Add the purée to the pan and stir-fry over a medium heat for 3-4 minutes, then return the lamb to the pan and stir to coat
- Add the paprika, bay leaf, cinnamon stick, cardamoms, cloves, tomato puree, yogurt, chopped tomatoes, 300ml just-boiled water and seasoning, to taste
- Stir the mixture well and cover
- Place in oven for about 1hr 30mins until the lamb is tender
- Remove the cinnamon and bay leaves
- Serve with freshly cooked rice and or nan bread