

Lamb Curry Recipe

Ingredients:

- 2-3 large red onions, white are okay too, red = better colour
- 3 tbsp veg oil
- 2 tbsp butter
- 2 cardamom pods (optional)
- 700g lamb, bone in, I used a mix of shoulder and leg
- 2-3 green chillies, whole
- A big bunch of coriander, chopped
- 1-2 green chillies, chopped

=====

For the marinade:

- 4 tbsp full fat yoghurt
- 2 tbsp ginger and garlic paste
- 1 tsp salt
- 3/4 tsp black pepper
- 1 tsp red chilli powder
- 1 tsp cumin powder
- 1 tsp coriander powder
- 1/2 tsp turmeric powder
- 1 tsp red chilli flakes (optional)
- 1 tsp garam masala

=====

Method:

1. To a large bowl, add your lamb and then all the ingredients for the marinade, mix it all together really well and put it aside.
1. In your pressure cooker, heat up oil and butter, add onions and fry them until they've browned. Then you need

to puree them, I like using a hand blender, processor is fine too.

1. Turn the heat up to medium/high and add the cardamom and lamb, stir fry it for a good 2-3 mins before adding whole green chillies.
1. Turn the heat to medium and add about a cup of water, the lamb should be 50-60% covered, not completely submerged. Let it come to a boil, then add fresh coriander.
1. Turn the heat down and pop the pressure cooker's lid on, securing it completely.
1. Let it cook for 13-15 mins, then, turn the heat off and let the steam out completely. Take the lid off and give it all a good mix. There should still be a fair amount of liquid in there, reduce it till the sauce has thickened to your liking.
1. To finish, sprinkle on fresh chopped coriander and green chillies.