

Lamb Dopiazza

Ingredients

For the paste

10 large onions

thumb sized piece fresh root ginger

8 garlic cloves

60 ml hot water

For the curry

6 onions

1 kg lamb

3 tbsp ghee or a flavourless oil

1 tbsp ground cumin

1 tbsp ground coriander

1 tsp ground turmeric

1/8 tsp ground cinnamon

½ tsp ground cardamom

¼-½ tsp cayenne pepper - if you like it spicy

500 ml vegetable stock

1 tbsp tomato paste

125 ml plain yogurt/coconut cream

1 tsp garam masala

½ fresh lemon

Fresh cilantro for garnish

Method

- Roughly chop 4 of the onions.
- In a food processor or blender add the chopped onions, garlic cloves and ginger with ¼ cup of hot water. Blend until you have a thick paste. Set to one side.
- Cut the remaining 6 onions into half-moon slices.
- Melt the ghee/oil in a large heavy bottomed pan and fry the onion moons. Use a medium-high heat. You want the onions to cook quickly and start to caramelize.
- Using a slotted spoon to remove the onions from the pan and set aside for later.

- Cut the lamb into bite size chunks and fry it all off in the onion flavoured ghee/oil.
- Add your onion-garlic-ginger puree to the lamb pan; give it a nice stir to coat the lamb.
- Cook over a low heat for 10 minutes, until the onion mixture has softened. Don't allow the mixture to colour.
- Stir in the ground cumin, ground coriander, ground turmeric, ground cinnamon, ground cardamom, cayenne pepper (if using) and stir together.
- Pour in the stock and tomato paste, stir well and gently simmer, uncovered, for an hour.
- Check the lamb is tender. If not give it 10-15 minutes more. If the sauce is looking too dry add an extra $\frac{1}{4}$ cup of water.
- Stir through your fried onion moons, the yoghurt/ coconut cream and garam masala. Then cook for a further 5 minutes.
- Finish the curry with a squeeze of lemon juice and fresh cilantro.
- Fresh cilantro for garnish