

SPICY LAMB STEW



SPICY LAMB STEW

2 kilos lamb
2 stars
2 cinnamon sticks
2 bay leaves
4 curry leaves
1 onion
2 tablespoons bombay masala
2 tablespoons paprika
1 teaspoon turmeric powder
1 teaspoon garam masala
1 teaspoon jeera powder
1 teaspoon dhania powder
1 1/2 teaspoon coarse salt
2 teaspoon tomato paste
Ginger and garlic
Potatoes
Gadra

In a large pot, heat oil on medium heat, add star, bay leaves, curry leaves and cinnamon. Then add onions, cooking on low. Add all remaining dry spices cooking on low stirring occasionally so as to not let the spices burn. Add gadra and cook for about 10 minutes, then add meat sear meat for about 5-10 minutes and cook on low for about 45 minutes adding little water. Add potatoes after 45 minutes and cover with

water and leave to cook until potatoes are soft, and tomato paste and cook for further 10 minutes before removing from the stove.

Garnish with fresh dhania.

Recipe posted by Amina Wackie Shaikh