

Rogan Josh recipe

Ingredients:

1. 1.5 lb. lamb meat cut into bite size pieces
2. 1 cup yogurt
3. 1/2 a cup sour cream
4. 1/2 a cup oil (we use corn oil you can replace it)
5. 1/2 a tea spoon salt (or to your liking)
6. 1 tea spoon black pepper
7. 3 pieces bay leaves
8. 1 tea spoon garam masala (equal parts of ground black pepper, cloves & cinnamon)
9. 1 medium onion
10. 1 table spoon ginger paste
11. 3 cloves garlic
12. 10 cups of water (approximately)
13. 1 table spoon Kashmiri chili
14. 1 tea spoon ground fennel seeds
15. 20 pieces of whole black pepper
16. 10 pieces of cloves
17. Few pieces of cinnamon sticks
18. 1 table spoon chopped mint leaves

Method:

Put 10 cups of water in a large pot on HIGH HEAT. Put whole black pepper, cloves, cinnamon sticks and bay leaves in it. Once the water starts boiling put the lamb in the pot. Cover the pot, reduce the temperature to LOW HEAT and let it simmer for about 1.5 hours. Let it cool down and remove all lamb in a bowl. Strain the rest of the broth in another bowl so all the whole spices are out of the broth. This process will soften the lamb and make the broth which will be full of flavour from meat and spices. Cooking by this method means you will not get any

full spices in your mouth whilst enjoying your food. We will use this broth in the curry.

Take the lamb and marinate with yogurt, salt, pepper and ginger paste. Marinate for a minimum of 2 hours. We marinated in the fridge over night.

If you save the marinated meat and the broth in the fridge a day earlier you will see the fat rising to the top of the broth. You can remove this fat which will make your curry heart healthy and it still tastes great.

Now take another pot, put the oil in it and turn the stove to HIGH HEAT. Chop the onion into small pieces and put it in the bowl and let it fry until it becomes brown. Keep stirring the onion so it cooks equally everywhere. When the onion starts becoming brown and you get the burning smell add sliced garlic in it. In about half a minute turn the stove to MEDIUM HEAT and put the marinated lamb followed by half a cup of sour cream into the pot. Stir it well for about 4 to 5 minutes. During this time once the curry starts to boil add in the Kashmiri chili powder, garam masala and ground fennel seeds. Keep stirring.

When the 4 to 5 minutes are up add about 3 cups of broth in the pot. Let the curry come to a boil again and at that time cover the pot with a lid and let it cook for about 20 minutes on LOW HEAT.

Your delicious Rogan Josh will now be ready to eat. Garnish it with fresh mint leaves to finish it off. In this process you will find the meat extremely soft along with the combined taste of all our herbs and spices.

Try this way of cooking Rogan Josh and eat it with rice, roti or naan as your heart desires.

Enjoy.

Chef Pops