



## Kashmiri Rogan Josh

A wonderful heady mix of spices make this a rich aromatic dish. The slow cooking ensures a melt in the mouth curry. Chicken can be used as an alternative to lamb but the cooking time should be reduced.

**Serves** : 8  
**Preparation Time** : 30 mins  
**Cooking Time** : 2 hours

### Ingredients

2lbs / 900g diced lamb  
4 fl oz / 120 ml plain yogurt  
8 tbsp oil  
Salt to taste

### Herbs & Spices

1 Anise Star  
1/4 tsp Asafoetida  
1 tsp Caraway Seed  
6 Cardamom Whole  
2 tsp (or to taste) Chilli Ground  
1 (a 4 inch piece) Cinnamon Sticks  
6 Cloves Whole  
6 Curry Leaves  
1/2 tsp Ginger Ground  
1/2 tsp Turmeric

### Cooking Instructions

Heat oil in a large heavy based pan and fry the asafoetida over a medium hot heat for 30 seconds. Add the diced meat and stir until coated with spicy oil and is brown all over. Turn down the heat slightly and add the yogurt. Fry the mixture, stirring to prevent it catching on the bottom until the yogurt has been absorbed. Add all the spices and fry for a further 30 seconds, then add 1 pint / 20 fl oz / 570ml boiling water. Stir well then reduce heat to low and simmer covered for 1 1/2 - 2 hours on low heat until meat is tender. Stir occasionally to prevent sticking. Just as the meat becomes tender, uncover and increase the heat for about 10 mins to allow the gravy to reduce and thicken. Serve with chapatis, tandoori roti, naan or boiled rice.