



Easy Lamb Korma

Lamb cooked in yogurt, ground almonds and korma spices to give a mild tangy curry. Chicken, beef or pork may be used instead of lamb.

Serves : 4

Preparation Time : 20 minutes

Cooking Time : 1 hour

Ingredients

1 1/2 lb / 675g boned leg of lamb
2 onions, finely chopped
2 cloves garlic, finely chopped
1 inch fresh ginger, finely chopped
4 oz / 110g ground almonds
5 fl oz / 150ml plain yogurt
2 tbsp vegetable oil

Herbs & Spices

4 tsp Korma Mix

Cooking Instructions

Cut the lamb into 1 inch cubes, trimming any excess fat. Put onion, garlic and ginger into a food processor with 2 fl oz / 55ml water a blend until smooth.

Heat the oil in a heavy based saucepan over a medium heat and add the onion mixture. Allow to cook for 6-7 minutes, stirring frequently to prevent sticking. At the end the water should be driven off and the onion soft. Add the Korma mix and the ground almonds and stir well. Fry for 1-2 minutes stirring constantly until the spices are fragrant. The oil will start to separate from the onion-nut mixture.

Add the lamb and stir to coat it with spices. Add the yogurt and mix thoroughly. Turn down the heat to low, cover and cook very gently for about 1 hour or until the lamb is tender. Stir occasionally to prevent sticking, and add a little water if needed. Adjust salt seasoning and serve.