

## LAMB NECK CURRY

### EQUIPMENT

MIXING BOWLS, CHEF KNIFE, FINE MESH SIEVE, SPOONS, WOODEN SPOON,  
MEDIUM SIZE FRYPAN OR SKILLET

### INGREDIENTS

4 LAMB NECK CHOPS, 2GM CUMIN SEED, 2GM DRIED CHILLI, 6 CARDAMON PODS, 1 CINNAMON QUILL,  
8GM MADRAS HOT CURRY POWDER, 10GM GARAM MASALA, 6 BABY POTATOES, 1 CUCUMBER,  
100GM NATURAL YOGHURT, 2 TOMATOES, 3CM PIECE YOUNG GINGER,  
2 CLOVES OF GARLIC, 200GM WASHED LONG GRAIN RICE,  
100GM GHEE (CLARIFIED BUTTER), 60-100GM WATER

### METHOD

WEIGH ALL THE SPICES AND SET ASIDE. CHOP THE TOMATOES INTO A MEDIUM SIZE DICE AND SET ASIDE ALSO. FINELY DICE THE ONION, GARLIC AND GINGER AND SET ASIDE

HEAT THE FRYPAN OVER MEDIUM HEAT AND ONCE HOT ADD HALF OF THE GHEE AND HEAT UNTIL MELTED, SEASON THE LAMB NECKS WITH SALT AND PAN-FRY ON BOTH SIDES UNTIL GOLDEN AND SET ASIDE

ADD THE ONION, GARLIC AND GINGER AND FRY IN THE SAME PAN FOR 2-3 MINS UNTIL BEGINNING TO SOFTEN. ADD THE CUMIN SEEDS AND CINNAMON QUILL AND COOK FOR ANOTHER MINUTE, THEN ADD THE REST OF THE SPICES AND TOAST TO 2 MINS

NEXT ADD THE TOMATO AND STIR THOUGH WELL AND COOK FOR 2MINS UNTIL THE TOMATO BEGINS TO SOFTEN, ADD THE WATER AND RETURN THE LAMB NECKS TO THE POT AND STIR

CUT THE POTATOES IN HALF AND SCATTER IN TO THE POT COVER WITH A LID AND PLACE IN A PRE-HEATED OVEN COMBI SETTING 160 DEGREES FOR 1.5 HOURS

WHILE THE LAMB COOKS WASH THE RICE UNDER COLD RUNNING WATER UNTIL THE WATER RUNS CLEAR AND SET ASIDE

FOR THE YOGHURT FINELY CHOP 5 SPRIGS OF CORIANDER AND PLACE IN A SMALL MIXING BOWL, SLICE THE OUTER LAYERS OFF HALF A CUCUMBER AND FINELY DICE AND ADD TO THE CORIANDER MIX ALONG WITH THE YOGHURT, SEASON MIX AND SET ASIDE

WITH 25 MINS REMAINING ADD THE WASHED RICE TO A FLAT TRAY AND COVER WITH WATER, COVER TIGHTLY WITH FOIL AND ADD TO THE OVEN

ONCE THE TIMER GOES OFF REMOVE THE POT FROM THE OVEN AND PLACE THE CURRY ON A LARGE SERVING PLATE, DOLLOP OVER YOGHURT AND GARNISH WITH FRESH CORIANDER SPRIGS

REMOVE THE RICE FROM THE OVEN AND STIR THROUGH REMAINING GHEE AND SEASON WELL WITH SALT AND SERVE ALONG SIDE THE CURRY

### HINTS & TIPS

- LAMB NECK IS A VERY UNDERUTILISED CUT AND IS ALSO ECONOMICAL, REMEMBER USING SECONDARY CUTS SUCH AS THIS COOK LOW AND SLOW FOR THE BEST RESULTS
- KEEP YOUR REMAINING SPICES IN SEALED CONTAINERS IN A DARK PLACE TO PRESERVE THEIR POTENCY. ITS' ALWAYS BEST TO BUY SPICES IN SMALL AMOUNTS FOR THE SAME REASON