

# Lamb Madras

FIERY HOT TAMIL LAMB STEW, FLAVOURED WITH MUSTARD SEEDS, FENUGREEK AND TAMARIND

## INGREDIENTS

*For the Madras curry powder*

- ◆ 2 tbsp coriander seeds
- ◆ 2 tsp fenugreek seeds
- ◆ 1 tsp mustard seeds
- ◆ 2 tsp poppy seeds
- ◆ 1 tsp cumin seeds
- ◆ 1 tsp black peppercorns
- ◆ ½ tsp fennel seeds
- ◆ 1 stick cinnamon about 7.5cm long
- ◆ 5 whole cloves
- ◆ 1 tbsp turmeric
- ◆ 1 tsp chilli powder

*For the chilli and ginger paste*

- ◆ 2 small green chillies
- ◆ 1.5 cm ginger
- ◆ ½ tsp water

*For the curry*

- ◆ 900g lamb, cut into large cubes
- ◆ 2½ tbsp Madras curry powder
- ◆ 1 tsp salt
- ◆ 1 tsp red chilli powder
- ◆ 3 tbsp cold pressed rapeseed oil
- ◆ 1 tsp black mustard seeds
- ◆ 2 onions, finely chopped
- ◆ 12 curry leaves
- ◆ 4 garlic cloves, finely chopped
- ◆ 200g chopped tomatoes, puréed
- ◆ 2 tsp tamarind paste
- ◆ 100ml water
- ◆ 200 ml yoghurt
- ◆ coriander, to garnish



## METHOD

- ◆ Toast all the spices. Combine black peppercorns, cinnamon, cloves, coriander, fenugreek, mustard, poppy, cumin and fennel seeds, and grind to a fine powder with an electric grinder, or a pestle and mortar. Stir in the turmeric and chilli powder, transfer into a well sealed jar and set aside in a cool dry place.
- ◆ Purée the chillies and ginger with the water to make a paste.
- ◆ Put the lamb in a large bowl, rub with the Madras curry powder, yoghurt and salt, and set aside.
- ◆ Heat the rapeseed oil in a large non-stick pot until hot.
- ◆ Add the mustard seeds, let them pop for a few seconds and then stir in the curry leaves and onions.
- ◆ Soften the onions for a few minutes before adding the salt, green chilli and ginger paste along with the finely chopped garlic.
- ◆ Keep stirring – do not allow the masala to catch on the bottom of the pan.
- ◆ After a few minutes, once you get the aroma of toasted spice, add the tomatoes, tamarind, red chilli powder and water.
- ◆ Bring to the boil and then add the lamb and any accumulated juices to the pan.
- ◆ Cover and simmer for 1 hour until the masala has thickened and the lamb is tender. Garnish with the coriander.



*Some of the spices used in South Asian cooking.*