



PARVEEN'S INDIAN KITCHEN

LAMB BHUNA



INGREDIENTS

- 2 tbsp vegetable oil
- 1kg lamb fillet, neck, shoulder or leg, cut into 2cm pieces
- 3 black cardamom pods, crushed
- 1 cinnamon stick, broken in half
- 6 garlic cloves, finely grated
- 2½cm fresh ginger, peeled and finely grated
- 3 tsp garam masala
- 1 tsp ground coriander
- 2 tsp mild chilli powder
- 2 tsp salt
- 1 x 400g tinned tomatoes
- 2 medium onions, finely diced

serves: 4-6 cooking time: approximately 55 minutes

METHOD

1. Heat the vegetable oil in a large heavy-based saucepan, add the crushed cardamom pods and cinnamon then heat for 30 seconds.
2. Add the ginger and garlic, then stir in the lamb until coated, cook for 2 minutes.
3. Add the coriander, chilli powder, garam masala and salt, stir then cook for another 30 seconds, enjoy the aroma!
4. Stir in the tomatoes and onions then lower the heat, cover and cook for 40 minutes.
5. The lamb and sauce will have a shiny appearance as the oil separates. Increase the heat then stir continuously for 10 minutes. Add a splash of water if the sauce starts to stick. The reduction of the liquid allows the lamb and the spices to fry as you're stirring, this process is called 'bhun' which adds the depth of flavour to your bhuna.
6. Add 200ml of boiling water then stir. Simmer for a further 10 minutes until tender then serve and enjoy.

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