

Simple lamb rogan josh

Ingredients

- 6 garlic cloves, roughly chopped
- 1 large onion, roughly chopped
- thumb-size piece fresh ginger, peeled and roughly chopped
- 1 tsp ground cinnamon
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tbsp paprika
- 1 tsp chilli powder
- 1 tsp salt
- 1 tbsp tomato purée
- 4 tbsp vegetable oil or ghee (clarified butter)
- 1kg/2¼lb casserole lamb, cut into bite-size cubes
- 8-10 cardamom pods, lightly crushed with the back of a spoon
- 300ml/10fl oz lager

Preparation method

1. In a food processor, blend together the garlic, onion, ginger, all of the ground spices, salt and tomato purée.
2. Heat the oil or ghee in a large saucepan or flameproof casserole and add the lamb pieces and cardamom pods. Quickly fry until the lamb is browned all over. This may need to be done in 2 batches, depending on the size of your pan. Stir in the spicy paste and cook for about 5 minutes, stirring frequently. Pour in the lager and bring to a simmer. Cover with a lid and cook for about 1-1¼ hours, stirring occasionally, until the sauce has thickened and the lamb is lovely and tender. Leave the dish to relax for 5 minutes before serving.

less than 30 mins

preparation time

1 to 2 hours

cooking time

Serves 4-6

By Jo' Pratt

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