



Lamb Dopiaza

Lamb Dopiaza is quite hot and slightly sour. The lamb lends itself very well to this recipe, giving it an earthiness that combines well with the onions. The recipe name means onions twice, so there are quite a lot in this dish, but they aren't overpowering. On the contrary, they melt well into the flavours and combine to deliver a delicious and very simple meal to prepare.

Lamb dopiaza can be cooked as easily on the stove as in the slow cooker.

This lamb dopiaza recipe requires you to simply add all the ingredients into a pan or slow cooker, to sit back and enjoy the aromas as it develops and cooks.

Ingredients:

500g lamb shoulder or 6 lamb steaks, trimmed and cubed	1½ tsp cumin
6 medium red onions, quartered	8 cloves
3 garlic cloves, chopped chunky	10cm piece of cinnamon stick
2" piece of ginger, grated	2 tsp chilli flakes
500g natural yoghurt	1 tsp ground black pepper
4 tsp coriander seeds	8 green cardamom pods, bruised
1 tsp ground coriander	1 tsp salt
2 tsp turmeric	100ml water
	4 handfuls of fresh spinach (if using)

Method:

To cook on the stove:

Place all ingredients in a deep pan with a well-fitting lid. Bring to the boil gently and simmer for approximately 2 hours until the lamb is tender. I like to stir through some fresh spinach leaves shortly before serving to boost the nutritional value of the meal. Serve on a bed of brown rice.

To cook in the slow cooker:

I cook on the high setting on my slow cooker. Add all the ingredients and cook for approximately 5 hours. Add the spinach leaves a few minutes before serving and stir through. Serve with brown rice.