



Lamb Rogan Josh

Lamb Rogan Josh is a hearty, red, warming curry. The spices complement the lamb meat perfectly. Rogan Josh is a staple of the Kashmir region of India and has an intense, rich and fragrant flavour. "Josh" can mean hot, it can also mean red. In this recipe I go lightly on the chillies, but if you prefer a hotter curry, just add a few more.

A side-dip of yoghurt and mint, or just plain yoghurt adds a comforting bonus to this delicious and healthy meal.

Ingredients (Serves 4):

1 tbsp coconut oil or ghee	2 tsp garam masala plus 1 tsp extra to use just before serving
5cm piece of cinnamon stick	2 flakes of dried mace blades
8 green cardamom pods, bruised	1 tsp ground fennel seeds
4 cloves	4 tbsp tomato puree
2 small red chillies, chopped (add the seeds for a hotter flavour)	1 tsp salt
2 cloves of garlic, roughly chopped	200ml water
2 red onions, diced	750g boneless lamb shoulder roughly diced into 5cm cubes (or lamb steaks equivalent weight)
1" piece of ginger, grated	125g natural yoghurt
1 tbsp ground coriander	50ml double cream
1½ tsp ground cumin	Handful of fresh coriander leaves, chopped
2 tsp turmeric	

Method:

To cook on the stove: Use a large frying pan and melt the ghee or coconut oil. Add the whole spices and fry for 1 minute, then add the onion and fry on a medium heat for approximately 8 minutes until it starts to brown. Stir in the garlic, ginger and salt and add the ground spices. Fry for 30 seconds and pour in the tomato puree. Combine well.

Add the lamb chunks, cover well with the sauce and either put aside to rest in a cool place for a couple of hours to allow the flavours to infuse the lamb meat, or begin cooking immediately. I tend to just move the pan off the heat and let it sit at ambient room temperature for 2 or 3 hours.

When you do start to cook with the end in mind, pour in the water, bring to the boil and simmer on a low heat for between 1½ to 2 hours until the lamb is tender. Remove from the heat and add the double cream, yoghurt and chopped coriander. Season with the extra garam masala and serve up.

To cook in the slow cooker: I cook on the high setting on my slow cooker. It's as simple as adding all the ingredients, leaving adding the double cream, yoghurt, extra garam masala and coriander until just a few minutes before serving up. Cook on a high setting for approximately 8 hours.

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