



Lamb Curry Karahi Gosht

Karahi Gosht in this recipe is a slow cooked lamb curry. Traditionally Karahi Gosht is cooked in a wok, but for the purposes of this recipe, I cooked the lamb curry in a slow cooker.

What makes this slow cooked lamb curry special is the combination of lamb juices combined with ginger, red onions, tomatoes and a delicious mix of Indian spices. The fresh coriander and mint leaves add a refreshing lift to the meal.

Ideal served with your favourite rice or with naan bread.

Ingredients: Serves 4

1 kg leg of lamb on the bone cut to bite size pieces or 6 lamb steaks, cubed	1 tsp ground turmeric
3 cloves of garlic, roughly chopped	1 tsp ground cumin
2" piece of ginger, roughly chopped	½ tsp black pepper coarsely crushed
10 medium tomatoes, roughly chopped	1 tsp garam masala powder
2 red onions, thinly sliced	Pinch salt
Pinch chilli flakes or more depending on your taste	2 tbsp Greek yoghurt
2 tsp ground coriander	Small handful chopped coriander leaves
	1 tbsp chopped mint leaves (optional)

Method:

Simply add all the ingredients to the slow cooker except for the Greek yoghurt, fresh coriander and mint leaves. Cook on a high setting for 7 hours. Shortly before serving up, add the Greek yoghurt, fresh coriander and mint leaves and enjoy with your favourite rice, side dish or naan bread.