



LAMB CURRY WITH SAMBALS AND POPPADUMS

2 kg lamb neck or knuckles
coarse salt and black , pepper

2 onions, thinly sliced
15ml freshly chopped ginger
10ml minced garlic
45ml olive oil
30ml fresh coriander, coarsely chopped
30ml mild curry blend (from Indian shop)
15ml garam masala
5ml cinnamon
5ml nutmeg
5ml turmeric
750ml beef stock
45ml sugar
1 x 410g tin chopped tomatoes

Season meat with salt and pepper and sauté on medium-high heat in a large heavy-bottom pot or pan until well-browned on all sides. Set aside.

Brown onions in the same pot with a little sunflower oil and add to meat. Set aside.
In the same pot, place ginger, garlic, coriander, curry blend, garam masala, cinnamon, nutmeg, turmeric and the oil and sauté on medium heat to bring out the flavour of the spices. When heated, add the beef stock, sugar and tomatoes.

Place meat and onions back in the pot with the sauce and simmer with the lid on for 3 hours. Uncover, adjust seasoning and cook uncovered for a further 45 minutes to thicken sauce. Serve with rice and Sambals.

Sharon Glass

COOKING SCHOOL



SAMBALS:

TOMATO, CUCUMBER AND ONION

2 tomatoes chopped
½ English cucumber chopped
¼ onion, chopped
15ml coriander, chopped
coarse salt and black pepper

Mix all above ingredients together.

CUCUMBER AND MINT RAITA

175ml plain yoghurt
¾ cucumber, grated
large handful mint leaves, chopped
large pinch salt
½-1 green chilli, de-seeded and finely chopped (optional)

Wrap the grated cucumber in a dish cloth and squeeze out any excess water.

Mix all the ingredients together.

PINEAPPLE

Chop pineapple into small pieces.

DESSICATED COCONUT

POPPADUMS – Fry as instructed on packaging

Serves 6-8