



Cooking Instructions

Larder Essentials

Lamb leg or shoulder joint
125g-175g per person
100ml stock (chicken or vegetable) per person
100g chopped plum tomatoes (tinned) per person
Salt
½ medium onion per person
Pilau or Basmati Rice

Optional

Small new potatoes
Cherry Tomatoes

Garnish

Coriander leaves,
2 red chillies

Kit Contents

Sachets of Jalfrezi paste,
dried chilli flakes,
creamed coconut block,
palm sugar.

Lamb Jalfrezi

Introduction

Once you have seasoned the curry according to the instructions below, the final timing for when the curry is ready just depends on when the meat is cooked and how thick you want the sauce to be. Test the largest piece of meat by cutting in half to check it is cooked. I prefer to cook the lamb until it is really tender. The weight of lamb per person in the shopping list is only a guide as I tend to look at the joints in my local butchers' fridge and buy a size that will give me about an inch thick slice per person. You can cut into 2cm cubes or into slices. I prefer to cube the lamb and cook for longer until it is very tender.

Preparation

1. Cut lamb into similar size slices or cubes and remove any excess fat.
2. Slice the onions.
3. Make 100ml stock per person.
4. Measure out 100g chopped tomatoes per person.
5. If adding new potatoes, parboil and cut in half when cooled.
6. If adding cherry tomatoes, slice them in half.
7. Measure out (use the packet quantity advice as a guide) and wash the rice. – if using a Mister Paste rice seasoning kit, refer to its cooking instructions.

Garnish when serving (optional): Pick a few coriander leaves. Slice the fresh red chillies in half lengthways and de-seed without removing from the stalk.

Method

1. Start cooking your rice.
2. Gently heat 3 tablespoons oil in a pan.
3. Brown the lamb pieces in the oil in small batches and set aside.
4. Place sliced onions in the oil and gently fry until translucent.
5. Add the paste to the pan and gently simmer for 5 minutes.
6. Add the browned lamb, chopped tomatoes (100g per person), coconut cream block and half of the stock
7. Bring to the boil for a minute, reduce the heat and simmer for a further 10 minutes.
8. Season the curry for salt, sweet and spice.
 - 8.1. Salt test. Add a good pinch of salt, stir and taste. Repeat until you get a hint of saltiness.
 - 8.2. Sweet test. Add a portion of palm sugar, stir and taste. Repeat until you get a hint of sweetness.
 - 8.3. Spice test. Add some dried chilli flakes, stir and allow to simmer for 2 minutes. Taste and repeat until it reaches your preferred level of heat.
9. If using parboiled potatoes and/or tomatoes, add them now.
10. Add a little of the remaining stock (or water) to keep the curry loose and keep it simmering for another few minutes and test to see if the lamb is cooked, if not repeat.
11. Stir in some chopped coriander leaves (optional).
12. Remove any oil that may come to the surface.
13. Serve in a warmed bowl and garnish with a few coriander leaves and sliced fresh chillies.
14. Serve with rice.