



Cooking Instructions

Rogan Josh - Lamb

Larder Essentials

Lamb leg/shoulder joint 125g-175g per person
100ml stock per person
100g chopped plum tomatoes (tinned) per person
Natural or Plain Yoghurt
Salt
½ medium onion per person
Basmati Rice

Optional

Small new potatoes
Cherry Tomatoes

Garnish

Coriander leaves,
2 red chillies

Kit Contents

Sachets of Rogan Josh paste,
Palm Sugar,
Coconut block,
Dried chilli flakes,
Spice Pack.

Introduction

This is generally a mild to medium curry but you can make it as hot as you like. 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. I will slice the joint into 1 inch thick portions, remove as much fat as necessary and cut 1 inch cubes. You can cut thinner slices if you want a quicker meal.

Once you have seasoned the curry according to the instructions below, the final cooking timing for the curry depends on when the meat is cooked to your preference. I tend to cook lamb until it is really tender so it takes longer.

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 stems of coriander with leaves. Slice the fresh red chillies in half lengthways and de-seed without removing from the stalk.

Method

1. Start cooking your rice.
2. Heat 3 tablespoons oil on a low to medium in a pan, add the contents of the Spice Pack (be careful, it might spit back) and let them sizzle gently until fragrant.
3. Brown the cubes of lamb in the oil in small batches and set aside.
4. Place sliced onions in the oil and gently fry until brown.
5. Add the paste and browned lamb to the pan and gently simmer for 5 minutes, stirring regularly.
6. Add the chopped tomatoes, coconut block and stock, bring to the boil for a minute then reduce heat and simmer for a further 5 minutes.
7. Cover the pan, reduce the heat and simmer until the sauce has almost dried out.
8. OPTIONAL: Either stir in 3 tablespoons of yoghurt, one at a time, and stir each one into the sauce completely before adding the next spoonful so there is less chance of the yoghurt splitting or you can put a spoon of yoghurt on the curry when serving.
9. Add enough boiling water to cover the lamb and stir.
10. Season the curry for saltiness, sweetness and spice heat.
 - 10.1. Salt test. Add a good pinch of salt, stir and taste. Repeat until you get a hint of saltiness.
 - 10.2. Sweet test. Add a portion of palm sugar, stir and taste. Repeat until you get a hint of sweetness.
 - 10.3. Spice test. Add some of the chilli flakes, stir and allow to simmer for 2 minutes. Taste and repeat until it reaches your preferred level of heat.
11. If using parboiled potatoes and/or tomatoes, add them now.
12. Bring to the boil for a minute and then lower heat to a simmer. Test to see if the lamb is cooked and tender, if not then repeat and add a little water if necessary to keep the sauce loose but not runny.
13. Stir in a few chopped coriander leaves and transfer curry to a serving bowl.
14. Remove any oil that may come to the surface before serving.
15. Garnish with a few stems of coriander with leaves and fresh red chillies (optional).
16. Serve with rice.