

THE NEFF KITCHEN



For lovers of food and NEFF appliances.



Lamb Rogan Josh

Serves: 4 - 6

Cooking time: 2-3 hours

Prep time: 15 minutes

Function: Top and Bottom Heating (Conventional)

Cuisine: Indian

Ingredients

Whole spice blend
 3 tsp cumin seeds
 3 tsp coriander seeds
 3 cloves
 4 green cardamom pods
 3 tsp paprika
 1 tsp ground turmeric
 ½ tsp black peppercorns
 2 bay leaves
 1 cinnamon stick
 3 tbsp vegetable oil
 4 cloves garlic, crushed
 2 red onions, sliced
 4 cm piece of ginger, grated
 3-4 red chillies, finely chopped
 4 Roma tomatoes, chopped
 1 x 400g can tomatoes
 ½ cup yoghurt
 ½ bunch coriander, chopped
 1 tsp salt
 750 g boneless lamb shoulder, cubed
 Extra ½ bunch coriander, chopped for garnish
 Extra yoghurt to serve

Remember Rogan Josh is traditional full of flavour and spicy chilli but the amount of chilli used can be adjusted. Ensure you cook the curry long and slow to make the lamb meltingly tender. If only cooking the curry in the oven take advantage of NEFF's Eco Top and Bottom Heat.

Method

Combine cumin, coriander, cloves, cardamom, turmeric, peppercorns, bay leaves and cinnamon in a food processor and process until a powder is formed.

Preheat oven on Top and Bottom heating (conventional) to 150°C and place wire rack on shelf level 2.

In a large oven and heatproof casserole dish heat the oil over a high heat. Add the garlic and onions and cook until golden. Reduce the heat to medium and stir in the ginger, chilli and whole spice blend. Cook for 2 minutes or until fragrant. Add the tomatoes, canned tomatoes, yoghurt, coriander and salt. Mix well to combine and cook for a further 2 minutes. Add lamb and 1 cup of water and bring to the boil. Cover the dish with a lid and cook in oven for up to 2-3 hours or until lamb is tender.

Stir every half hour to ensure the curry is not sticking to the pan and to check tenderness.

Serve the curry garnished with extra chopped coriander and yoghurt.

Notes

Oven temperatures are for conventional; if using fan-forced (convection), reduce the temperature by 20°C. | We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. | All herbs are fresh (unless specified) and cups are lightly packed. | All vegetables are medium size and peeled, unless specified. | All eggs are 55-60 g, unless specified.

