



Lamb Rogan Josh



DIFFICULTY: MID



PREPARATION TIME: 15
MINUTES



COOKING TIME: 2-3 HOURS



SERVES: 4 - 6

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 traditionally 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 you're only cooking the curry in the oven take advantage of NEFF's

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.

Eco Top and Bottom Heat.

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.