



**GF Friendly**

## Korma

### a one-pan, spicy yet mild lamb curry

Although Korma is essentially a lamb curry, other meats can be used. These should be cooked through to the point of being tender, but not falling apart, so cooking times may need to be adjusted to suit. The basis for this recipe is from our good friend, Shirley, who uses the traditional method calling for whole spices. I have adapted it for ground spices, which makes it easier for preparation and cooking. Don't be put off by the number of ingredients, many of which you may already have. This dish is really tasty if you use them all.

- 500g lean lamb cut in 2.5cm (1 inch) cubes
- 1 large onion coarsely chopped
- 4 Tbsps plain yoghurt (at room temperature)
- 4 Tbsps extra virgin olive oil
- 2 cups water
- 1 tsp salt (optional)



#### Spoon the following spices into a jar or cup and combine together:

(this can be done well in advance, so you can get those you don't have from a friend)

- |                       |                           |                           |
|-----------------------|---------------------------|---------------------------|
| 1 tsp powdered garlic | ¼ tsp ground cloves       | ½ tsp ground black pepper |
| ½ tsp ground nutmeg   | 1½ tsps ground star anise | 1 tsp ground cinnamon     |
| 1 tsp cardamom        | 1½ tsps coriander powder  | 1 tsp cumin powder        |
| ½ tsp powdered ginger | ½ tsp ground bay leaves   |                           |

Put 1 Tbsp olive oil in a frypan or skillet and fry onion on a high heat until golden. Remove and set aside. Add another 2 Tbsps oil to the pan and fry the meat in three or four batches to avoid steaming. Make sure the cubes are cooked through, but not overdone. Set each batch aside.

Reduce the heat to medium and add the last of the oil. Mix the powdered spices in a little water to make a paste, then fry in the oil for 1 minute. Return the onion to the pan and stir while cooking another minute. Now put in all of the meat and stir well to coat, then add the yoghurt one spoon at a time, stirring constantly.

Lastly, pour in the water, stir to mix, then lower the heat to simmer partially covered for 45 minutes, stirring occasionally (the gravy should reduce by about half). If desired, stir in the salt five minutes before the time is up.

Serves 4 – 6 with white rice and peas

Freezes well

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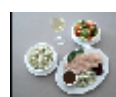
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