

GF Friendly

Rogan Josh

a spicy lamb curry which can be as hot or not as you like

This is another recipe from our friend Jothi. Beef, pork or chicken could substitute for the lamb; however, cooking times may need adjusting to ensure the meat is tender but not falling apart.

- 500g lamb - boned, trimmed of fat and diced
- 2 small potatoes - cut into 1.5cm cubes
- 1 medium onion - quartered and sliced
- 3-4 small cauliflower florets – sliced in half through the heads
- 2 tsps minced garlic
- 1 tsp minced ginger
- ½ tsp turmeric
- 4 Tbsps yoghurt PLUS 2 cups water
OR 375 ml coconut milk
- 2 Tbsps extra virgin olive oil
- 3 Tbsps Rogan Josh paste



OR mix your own dried spices (see **Handy Hints – Spices and Dried-Herbs** for the ingredients)

Put the meat in a suitable bowl, add the yoghurt (or coconut milk), plus 1 teaspoon of minced garlic, ½ teaspoon turmeric and a teaspoon of Rogan Josh spices. Turn this over well to coat the meat; then cover and allow to marinate for 2-3 hours. Tip: the marinating can be done in the refrigerator overnight. When ready to cook, follow the method below:

Warm the oil in a wok or deep fry-pan, then stir in 1 teaspoon each of minced garlic and minced ginger, and 1 Tablespoon of the Rogan Josh spice or paste. Heat this on low for a minute; then turn up the heat a little, add the onion and stir-fry until it turns transparent. Add the meat and marinade, the potatoes and cauliflower; plus the water if using yoghurt; and, of course, the rest of the Rogan Josh spices – BUT maybe test-taste first? Mix well, stirring while it comes to the boil; then simmer until the potatoes are just softening, stirring occasionally. Add more water if necessary to avoid drying out. This may also be necessary with the coconut-milk alternative.

Continue cooking to reduce the liquid to a thick-gravy consistently - about an hour, give or take.

Serves 4-6 with rice and vegetables, topped with a blob of yoghurt

Freezes well

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