



Care for a curry, 22 Drumsheugh Gardens, Edinburgh EH3 7RN. Telephone: 0131 243 1453 • Facsimile: 0131 243 1450
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Rogan Josh

Ingredients

600-700 grams of leg of lamb - chopped into bite-sized chunks.
1 teaspoon of chopped garlic
1 teaspoon of chopped ginger
2 teaspoons of salt
1 teaspoon of turmeric
3 teaspoons of garam masala
2 teaspoons of ground coriander
2 teaspoons of ground cumin
2 tablespoons of plain natural yoghurt
1 teaspoon of chilli powder
2 medium onions - finely chopped
1 tin (400g) of chopped tomatoes
2 tablespoons of vegetable oil

Method

Heat the oil in a pot until hot. Add the onions and fry until they turn clear (but don't let them go brown!). Stir in the garlic and ginger. Then add the spices and stir through. Add the lamb and stir through until the meat has browned. Then add the chopped tomatoes, mix together and cook for a few minutes. Add the natural yoghurt, stir through and bring to the boil. As soon as it boils, place a lid on the pot and turn the heat right down to a low simmer for 90 minutes (be sure to check and stir the mixture every half hour). By the end, the sauce should be rich and spicy and the lamb very tender. You can always leave the pot (with the lid on) to simmer for a little bit longer, just to make sure.

Submitted by Kirsty Jardine.

Care for a curry is a fundraising initiative of Alzheimer Scotland • www.careforacurry.org

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