



A silly priced half Leg of Lamb. Lamb is generally out of our price range. I did a bit of butchery and we've frozen two meals of Lamb Steaks for future meals. So all in all this worked out within budget and was a bit of a treat.

Ingredients:-

- 400g Lamb Leg, diced
- 1 Thumb of fresh Ginger, chopped
- 3 Cloves of Garlic, sliced
- 2 Tomatoes, chopped
- 2 Tbsp of Tomato Puree
- 1 Onion, sliced
- 3 Cardamom Pods
- 4 Cloves
- 1 Tsp of Paprika
- 1 Tsp of Turmeric
- 2 Green Chillies, Sliced
- 3 Dried Apricots, chopped
- 1 Tbsp of Balsamic Vinegar
- ½ Tsp of Cumin Seeds, crushed
- ½ Tsp of Garam Masala
- 1 Lime, cut into wedges
- 2 Tbsp of Water put 150ml of Vegetable Stock
- 1 Tbsp of Caster Sugar
- 3 Tbsp of Oil

Salt & Pepper to season

Method:-

- (1) Add the Ginger and Garlic to a blender with 2 Tbsp of Water. Blitz to a paste.
- (2) Add the chopped Tomatoes and Tomato Puree. Blitz until smooth.
- (3) Heat Oil in a heavy based pan over a medium heat.
- (4) Add the Cardamom Pods & Cloves and allow to sizzle for few seconds.
- (5) Add the Onion, Salt & Pepper and fry until golden brown.
- (6) Mix in the Ginger / Garlic / Tomato paste and fry for 1 minute.
- (7) Add a splash of Water to loosen.
- (8) Add the Paprika and Turmeric, then fry of 1 minute.
- (9) Add the cubed Lamb and cook for about 5 minutes ensuring the Lamb is evenly coated.
- (10) Add the Chillies, then stir in the Vegetable Stock.
- (11) Bring to the boil and then reduce the heat and simmer covered for 40 minutes, stirring occasionally.
- (12) Remove the lid and add more Water if required.
- (13) Continue to simmer until the meat is tender.
- (14) Add the chopped Apricots to a small pan with the Sugar and Vinegar. Simmering for a further minute.
- (15) Add the crushed Cumin Seeds and Garam Masala.
- (16) Stir well and add to the the curry, simmering for 5 minutes.
- (17) Serve over mixed Rice garnished with Lime Wedges and fresh mint.

The dried Apricots added a very pleasing sharpness and texture. We were very impressed.