

LAMB BURMESE CURRY



Prep and cooking time: 1 hour

Serves: 4

Carbohydrates per serving: 0 -1

With subtle sweetness and a building heat, this curry works just as well with root vegetables or chicken as it does with lamb.

Ingredients

- 4 tbsp extra virgin olive oil
- 700g lamb diced or 500g mixed root vegetables (such as carrots, parsnips, celeriac, yam, sweet potato, swede, turnips)
- 6cm fresh ginger, roughly chopped 6 garlic cloves, whole
- 2 onions, roughly chopped
- 1 tsp ground paprika generous pinch saffron dissolved in 1 tbsp of boiling water or 1 tbsp turmeric
- 2 tsp chilli powder 2 tbsp tamari or soy sauce
- 500ml meat or vegetable stock
- 1 large handful fresh coriander, roughly chopped (optional)

Useful equipment

- A blender or food processor

Method

1. Heat 2 tbsp of the oil in a deep casserole dish, over medium heat. Quickly fry half of the diced lamb (or vegetables) on all sides, until browned. Transfer the lamb to a side dish. Fry the remaining lamb, until browned, and also transfer to the side dish. Season with salt and pepper.
2. Put the ginger and garlic in a blender or food processor, blend well. Add the onions and blitz until finely minced.
3. Heat the remaining 2 tbsp of oil in a large saucepan, over medium-high heat. Stir in the onion mixture.
4. Reduce the heat and cook for 8-10 mins, stirring often, until the mixture is dry, brown in patches, and paste-like.
5. Add the paprika, saffron (or turmeric), chilli powder, and tamari or soy sauce. Stir constantly and cook for 30 secs - 1 min, don't allow it to burn. Remove from the heat.
6. Add the meat or vegetables to the spice paste and mix well. Add the stock and bring to a boil, stirring from time to time.
7. Reduce the heat and simmer until the meat is tender (up to 1hr). If cooking a vegetable curry, they will only need 30-40mins.
8. Garnish with coriander leaves and serve with brown rice and/or vegetables.