

EAT DRINK and COOK Real FOOD

Indian Lamb Masala

By: Maria Cabral

Ingredients

- 2 onions
- 7-8 cloves garlic
- 2 tsp whole peppercorns
- 1 tsp cumin seeds
- 2 tsp coriander seeds
- 2 jalapeños (optional)
- 1 tsp Salt
- 3 cups - Water
- 2 tbsp oil
- 1 tbsp ginger & garlic paste
- 3 large potatoes
- 2 packs - Lamb guys stew meat

Directions

In a blender add 1 cup water and 1 chopped onion, garlic, peppercorns, cumin, coriander seeds, jalapeños & salt. Blend to a smooth paste.

Mix paste into washed stew meat (add a little water to blender and wash out remaining paste and add to meat) and pressure cook for 15 mins.

In a large pot heat oil and sauté onion until soft. Add ginger, garlic paste, and cook for another 2 minutes.

Add potatoes and cook for a few more minutes.

Once the steam has released on the pressure cooker remove the meat with all the sauce and add to the potatoes.

Stir in 2 cups of water and bring to a boil and then cook on low heat for 10 mins or until potatoes are cooked.

Turn off heat and let sit for 15 mins before serving with rice. Serves 4-6 people.

Enjoy!!!

