

Green Lamb Shoulder Pilau (Serves 4)

Ingredients

Half lamb shoulder (cut into chunks)
1 large onion, chopped finely
1 tablespoon cumin seeds
1 teaspoon garam masala
2 tablespoons extra virgin olive oil
1 tablespoon butter
1 tsp malt vinegar
1 tsp garlic powder / granules
1 tsp ginger powder
1 tsp salt
2 green chillies, cut in half (optional)
1 small bunch coriander, chopped finely plus a handful for garnish
1 teaspoon cumin powder
1 tablespoon tomato purée
2 cups basmati rice, washed & soaked
3 tablespoons fried onions, for garnish

Method

In a large saucepan, add the onions, cumin seeds, garam masala, oil & butter. Stir well and cook on a high heat, until the onions are golden brown.

Turn the heat down and add the lamb shoulder, vinegar, garlic, ginger & salt. Keeping the heat low, add a lid and leave to cook for about 60-90 mins, until the lamb is tender. Stir every 20mins or so to make sure that there's enough liquid and the mix doesn't stick or burn.

Then add the green chillies, coriander, cumin & tomato purée. Stir well, cover and leave to infuse for about 5-10mins.

Turn the heat back up to high and add 3 cups of water, and a pinch of salt. When the water starts to boil, drain the rice and add to the lamb mix and stir once. Leave uncovered on a high heat until all the water has been absorbed (don't keep stirring). Then add the lid, turn the heat to the lowest setting and leave to infuse for about 20 mins.

Serve topped with fried onions, and extra coriander.