



KARAHI LAMB AKNI

Ingredients:

- 2 tablespoons of Mama Dor's Karahi Lamb spice blend
- 500g lamb shoulder, cubed
- One large onion, diced
- Two fresh chillies (optional)
- Two tablespoons natural yoghurt
- Two tablespoons vinegar
- Two tablespoons extra virgin olive oil
- 1.5 cups basmati rice, washed & soaked
- 2 cups water
- 1 tsp salt (optional, if you normally salt your rice)

Method:

Create a paste using the spice blend, yoghurt and vinegar. Add the lamb and leave to marinate for at least two hours. In a large deep frying pan, brown off the onion with chillies (if using) and the olive oil. Once browned off, add the lamb mixture with about ½ cup of tap water. Give it a good stir, cover and turn to a low heat. Cook for 2-3 hours, stirring occasionally. The sauce will become thick and the lamb beautifully tender.

Once the lamb is cooked, add the water and salt to the lamb curry. Turn up the heat to a high temperature and allow to come to a boil. Drain the rice, and add it uncooked to the pan, stirring well. Cover and leave to bubble for five mins. Stir well again, cover and leave on a very low heat for about 30 mins until all the water is absorbed and the rice is cooked.

Serve with a dollop of natural yoghurt, and fresh green chillies, finely chopped.