



SLOW COOKED KARAHÍ LAMB STEW

Ingredients:

600g lamb shoulder
2 tablespoons Mama Dor's Karahí Lamb spice blend
200g natural yoghurt
2 tablespoons malt vinegar
2 onions, chopped finely and browned off in olive oil
1 can chickpeas, drained
200g broth mix, soaked overnight, then drained

Method:

Marinate the lamb in the spice blend, yoghurt and vinegar; the longer you can marinate the better, but even 10mins will be fine.

Throw all the rest of the ingredients plus lamb in a slow cooker, and top with enough tap water to ensure everything is covered.

Cook on a slow heat for 8 hours, or medium heat for 6 hours.

Serve in a bowl, topped with fresh green chillies.