



KARAHI LAMB

Heat Rating: Mild

Serves 4

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

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 $\frac{1}{2}$ 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. Serve with warm naan bread or fluffy basmati rice.

Alternative uses:

This is a versatile blend and be very easily used as dry rub when massaged into a whole shoulder of lamb with a little olive oil. Cover and bake in a medium to low oven for 4-5 hours for a delicious lamb kleftiko style roast.

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