

Indian Lamb and Spinach Curry with Rice Pilaf

This is a real “slow-food” dish; you cook it in a crock-pot— the longer the better. It is adapted from a recipe in [Williams-Sonoma Food Made Fast: Slow Cooker](#). (We didn’t make that up!) We like to serve this with rice pilaf, so we’ve included that recipe here too.

Makes 4 servings

Ingredients – For the Curry

1/3 cup olive oil
2 cups chopped onions
3 cloves of garlic, minced
1 inch cube of fresh ginger, peeled, grated or minced very fine
1 tsp ground cumin
¾ tsp cayenne pepper
¾ tsp turmeric
1½ cups lamb or beef broth
Salt and Pepper
1½ pounds of boneless lamb, cubed
3 cups spinach leaves
½ cup yoghurt

Ingredients – For the Pilaf

1½ cups long grain rice
¼ cup orzo
¾ cups chicken broth
3 Tbs butter
Fresh mint leaves, chopped

Technique

First make the curry (20 minutes to prepare, 4-8 hours to braise).

1. Have all your curry ingredients handy before you start. Things move quickly once they get going.
2. Sauté the onion in olive oil in a large frying pan on high heat, stirring frequently, until just golden (about 3 minutes). Add the garlic and sauté for about 30 seconds.
3. Add the spices and sauté for another 30 seconds and then add the broth.
4. Stir the mixture and scrape any brown bits off the sides and bottom of the pan. When the mixture boils, remove from the heat.
5. Sprinkle the lamb all over with salt and pepper. Put the lamb and your sauce in a slow cooker. Cook for 4 hours (high heat) to 8 hours (low heat). If you don’t have a slow-cooker, use an oven-proof dish with a cover and cook for 8 hours at 200 degrees in the oven.

Make the rice pilaf (20 minutes cooking time, start about 25 minutes before you want to serve).

1. Put the rice, butter, and broth in a pot and bring to a boil on the stove.

2. Reduce heat to lowest setting and cover.
3. Allow it to simmer for 10 minutes. There should still be some water on top of the rice at this point.
4. Add the orzo, stir once, re-cover and simmer until all the liquid is evaporated. Don't stir the mixture unless absolutely necessary.
5. Remove from heat, stir in the mint, and cover, while you finish the curry.

Finish the curry (5 minutes cooking time).

1. Add the spinach to the curry. Cook and stir until the spinach is just wilted, 3-5 minutes.
2. Stir the yoghurt into the curry and serve immediately over rice pilaf.