

## Red Lamb Stew

Serves 4 to 6

This recipe comes from Madur Jaffrey's book [Indian Cooking](#) (run out and buy a copy, it's a great cookbook). In India it is called Rogan Josh. It's spicy (though you easily adjust this) and very tasty. We like it a lot, so if you make it, be sure to invite us over!

### Ingredients

2 one-inch cubes fresh ginger, peeled & coarsely-chopped  
8 cloves garlic, peeled  
4 Tbs + 1 ¼ cups water  
10 Tbs vegetable oil  
2 lbs boned lamb from the shoulder or leg, trimmed of fat, cut into 1-inch cubes

#### Spice Mix #1:

10 cardamom pods  
2 bay leaves  
6 cloves  
10 peppercorns  
1-inch piece of cinnamon stick

1 cup yellow onion, peeled & finely chopped

#### Spice Mix #2:

1 tsp ground coriander  
2 tsp ground cumin  
4 tsp paprika  
¼ to 1 tsp cayenne pepper  
(depending on how spicy you like it)  
1 ¼ tsp salt

6 Tbs plain yogurt  
¼ tsp garam masala (see below)  
Freshly-ground black pepper

### Technique

Put the ginger, garlic, and 4 Tbs of water into a blender. Blend until smooth.

Heat the oil in a wide, heavy pot over medium high heat. Brown the lamb in several batches and set aside. Put Spice Mix #1 in the oil. Stir once and wait until the cloves swell and the bay leaves begin to take on color. This takes just a few seconds. Put in the onions. Stir and fry for 5 minutes or until the onions turn medium brown. Put in the ginger-garlic paste and stir for 30 seconds. Then add Spice Mix #2 and fry for another 30 seconds. Add the lamb and any accumulated juices. Stir for another 30 seconds. Add the yogurt a tablespoon at a time, stirring each bit until completely blended into the sauce.

Add 1 ¼ cup water to the pot and bring the contents to a boil, scraping all the browned bits from the sides and bottom. Cover, turn the heat to low, and simmer for 1 hour or until lamb is tender. Every 10 minutes or so, give the pot a good stir.

When the lamb is tender, take off the lid, turn the heat up, and boil away some of the liquid. You should end up with a thick, reddish-brown sauce. Spoon off any fat, sprinkle garam masala and black pepper over the meat and mix them in a little.

This dish goes well over rice or with a green bean side dish and some bread.

#### Garam Masala

This aromatic spice mixture is very common in Indian cooking and can often be found in stores. Use it sparingly at the end of cooking, almost as a garnish. This recipe makes about three tablespoons.

- 1 Tbs cardamom seeds
- 2-inch piece of cinnamon stick
- 1 tsp cumin seeds
- 1 tsp cloves
- 1 tsp black peppercorns
- ¼ of an average size nutmeg