

LAMB KORMA RECIPE

Lamb Korma is a lamb stew meat is cooked in a creamy coconut sauce, seasoned with toasted Indian spices and pressure cooked to a melt-in-the-mouth perfection.

Ingredients:

- 300 g lamb, cut into 4cm pieces
- 1 large onion, roughly chopped
- 1 tsp garlic paste (Available In-Store)
- 1 tsp ginger paste (Available In-Store)
- 2 Atlas bay leaves
- ½ Atlas stick of cinnamon
- 1 Atlas dried red chille, broken into small pieces
- 1 tsp ground Atlas cumin
- 1 tsp ground Atlas nutmeg
- 1 tbsp Atlas garam masala
- ½ tsp Atlas red chille powder
- ½ tsp Atlas ground black pepper
- ¼ cup Greek style yogurt
- ¼ cup water
- 3 tbsp oil (Available In-Store)
- Salt to taste

Method

- 1) Heat oil in a heavy bottomed pan over medium flame. Add onions and fry until softened. Now add in cinnamon, bay leaves, and dried red chillie. Fry again until fragrant.
- 2) Throw in ginger paste and garlic paste. Fry for a few seconds.
- 3) Add the ground spices (ground cumin, ground nutmeg, garam masala and red chillie powder) Fry again for a few seconds.
- 4) Add in the lamb pieces. Fry, stirring occasionally, for 3-4 minutes. The idea is to get the lamb pieces well coated in the spices and start the cooking process.
- 5) Then, mix yogurt in ¼ cup water. Add yogurt mixture in the curry and give it a good stir. Season with ground black pepper and salt. Mix again.
- 6) Cover with a lid, and let it come to boil. Now reduce the flame, and simmer until sauce thickens, and the lamb pieces are well cooked.
- 7) Alternatively, you can make lamb korma in the oven. To do that, you have to transfer the curry to a preheated oven after seasoning with black pepper and salt. Then slow cook at 160 degree Celsius for 1 – 1 ½ hours