

ROGAN JOSH RECIPE

"Rogan," means clarified butter or oil in Persian, or red in Hindi, while "Josh," translates to passion or heat which is believed to have a Persian origin, but these days is more associated with the Kashmir region.

Ingredients:

For the paste

- 1/2 tsp ATLAS hot chilli powder
- 1 tsp ATLAS ground coriander
- 1 tsp ATLAS ground cumin
- 1/2 tsp ATLAS ground black pepper
- 2 tsp ATLAS sweet paprika
- 1 tsp ATLAS turmeric
- 2 tsp ATLAS garam masala
- 1/2 tsp ATLAS ground cardamom
- 3 tbsp tomato puree (Available In-Store)
- *Alternatively you can use our readymade Rogan Josh Mix*

For the lamb

- 2 tbsp vegetable oil
- 750 g lamb leg, fat trimmed, cut into 2.5cm cubes
- 4 ATLAS bay leaves
- 1 ATLAS stick cinnamon
- 4 ATLAS cloves
- 1 large onion, chopped
- 2 cloves garlic, crushed (Available In-Store)
- 1 x 5cm piece of ginger, peeled and grated (Available In-Store)
- 100 ml natural yoghurt
- Small handful fresh coriander, chopped, to serve (Available In-Store)

Method:

1. Combine all paste ingredients with a pinch of salt. Set aside.
2. Heat oil in a large pan and brown the lamb in batches. Set aside.
3. In the same pan, fry the bay, cinnamon, cloves and onion until the onion is soft and translucent. Add the garlic and ginger and fry for a further 2mins. Add the paste and fry for another 2 mins.
4. Add the lamb and 400ml of water and gently simmer for 1 hr, stirring occasionally.
5. Discard the bay and cinnamon and stir through the yoghurt, cooking for a further 10 mins.
6. Sprinkle with freshly chopped coriander before serving.