

## Meat Madras

Ingredients 6 tbsps cooking oil 2 onion, roughly chopped 2.5cm/1 inch piece of fresh root ginger, peeled and roughly chopped 3-4 cloves garlic, peeled and roughly chopped 4-6 dried red chillies 2 large cloves garlic, peeled and crushed 1-2 fresh green chillies, sliced lengthways 200g/7 oz can tomatoes 3 tsps ground cumin 1 tsp ground coriander ½ - 1 tsp chilli powder 1 tsp ground turmeric 1kg/ 2 ¼ lb leg or shoulder of lamb, trimmed and cut into 4 cm/ 1 ½ inch cubes 175ml/6 fl oz warm water 1 ¼ tsps salt 1 tsp garam masala

Heat 3 tbsps of oil over a medium heat and fry the onions, ginger, chopped garlic and red chillies until the onions are soft stirring frequently. Remove from the heat and allow to cool. Meanwhile, heat the remaining oil over a medium heat and fry the crushed garlic and green chillies until the garlic is lightly browned. Add half the tomatoes, with the juice; stir and cook for 1-2 minutes, then add the cumin, coriander, chilli powder and turmeric. Reduce the heat to low and cook for 6-8 minutes, stirring frequently. Add the meat and raise the heat to medium-high. Stir and fry for about 5 minutes, until the meat changes colour. Add the water, bring to the boil, cover and simmer for 30 minutes. Blend the fried onions in a blender or food processor with the remaining tomatoes until smooth. Add to the meat- bring to the boil, add the salt and mix well. Cover the pan and simmer for a further 35-40 minutes or until the meat is tender. Stir in the garam masala and serve.