

Slow-Cooked Curried Leg of Lamb

SERVES 6 | PREP TIME 30 MIN | OVEN TIME 4-6 HOURS

Ingredients:

- 2kg lamb leg (bone in)
- 750ml lamb or chicken stock
- 200ml red wine
- 400g tin chopped tomatoes
- 2 fresh red chillies, sliced
- 2 large onions, finely sliced
- 2 garlic cloves, crushed
- 40g fresh ginger, peeled and grated
- 1 cinnamon stick
- 10 green cardamom pods
- 1 tbsp chilli flakes
- 1 tbsp ground coriander
- 2 tsp ground turmeric
- 1 tbsp ground cumin
- Oil for frying
- Pinch sugar
- Sea Salt and freshly ground pepper
- You'll also need a large roasting tin or 2 litre ovenproof dish

Method:

1. Heat the oven to 160°C/140°C Fan/Gas 3. Lightly bash the cardamom pods and cinnamon stick in a pestle and mortar to crack open. Heat a glug of

oil in the ovenproof casserole dish or frying pan over a medium heat. Add the crushed spices and gently toast for 1-2 minutes until fragrant.

2. Add the chilli flakes coriander, turmeric and cumin and toast for a further minute, add another glug of oil with the fresh chillies, onions, garlic and ginger. Gently fry for 5 minutes or so, gently stirring often.
3. Pour over the red wine and simmer for a few minutes, then add the stock and the chopped tomatoes. Simmer for further 10 minutes, add the sugar, taste and season with sea salt and freshly ground black pepper.
4. Put the lamb leg directly on top of the sauce and cover the vessel tightly with a double layer of aluminium foil. Cook for a minimum of 4 hours, checking at the end of this cooking time to see how tender the lamb is. Cook for a further 1-2 hours if you want extremely tender. Let the lamb rest in the tin or dish for 30 minutes, loosely covered with foil.
5. Spoon off any excess fat from the surface of the curried sauce. Transfer the joint to a large serving board and pull the meat off the bone using forks.

Serve the meat with the curried sauce and steamed rice.