



www.cravingcurries.co.uk

Lamb Rogan Josh Curry Spice Kit

Ingredients: bay leaf, black cardamom, chilli powder, cloves, coriander powder, fennel powder, ginger powder, green cardamoms, mace, turmeric powder,

Store in a cool, dry place.

Authentic, delicious homemade curries made easy! Craving Curries are a small family business, passionate about our curries and would like to share the experience with you!

Each curry kit comes with our step-by-step guide which allows you to have fun creating our twist on an authentic Indian curry which has all of the flavour without any of the additives or artificial colours!

For this curry you will need:

1 Craving Curries Lamb Rogan Josh Kit

700g stewing lamb	4 cloves garlic, chopped 150ml
2 medium onions, chopped	of full-fat natural yoghurt
3 tablespoons of veg or sunflower oil	Salt
1x400g tin of chopped tomatoes	water

Method:

1. Boil the lamb with the garlic and ½ teaspoon of salt in 1.5 litres of water for 20 minutes. Remove the meat and set aside.
Skim off any scum and reserve the cooking liquor.
2. Whisk the yoghurt and set aside
3. Heat the oil in a pan and add the chopped onions and gently fry for about 15 minutes or until lightly browned. Add the contents of your **Spice Bag** and fry for 2 minutes adding a splash of water to the pan if it begins to stick, then add the meat and sauté for a further 5 minutes.
4. Lower the heat and add the tinned tomatoes and the yoghurt. Stir well and cook for a few minutes.
5. Add 1 teaspoon of salt together with 500ml of the reserved cooking liquor from step 1. Cook until the meat is tender adding more cooking liquor if required to achieve the desired gravy.
6. Before serving, remove the cloves, bay leaves, cardamoms and mace.

Chicken can be used as an alternative to the lamb in this dish.

If the dish is too hot try cooling with extra yoghurt