

Slow Cooked Rogan Josh Curry

Ingredients

Serves 4 - 6

- ¼ coconut oil (or oil of your choice)
- 3 bay leaves
- 2 tsp whole cloves
- 2 tbsp cardamom pods
- 1 stick cinnamon
- 1 tsp fennel seeds
- 6-8 dried chillies (I used 8 small ones, and it was quite hot, I would only use 6 next time)
- 1kg red onions, peeled and sliced
- ½ tsp salt
- 1 tsp turmeric
- 3 tsp ground coriander
- 2 tbsp ginger, grated
- 4 garlic cloves, chopped
- 2 tomatoes, chopped
- 140g tomato paste
- 400ml coconut milk
- 2kg lamb shoulder (original recipe has bone in, I couldn't get it, so mine was boneless and I had 2 x 1kg pieces)
- ½ cup coriander leaves, to serve

Directions

1. Preheat your oven to 160C degrees (320F). If you have a stove proof oven casserole dish use that, or use a large saucepan and then transfer to an oven proof dish. Over a medium heat on the stovetop add the coconut oil and heat.
2. Add the bay leaves, cinnamon stick, dried chillies, fennel seeds, cardamom pods and cloves to the oil and stir until fragrant. Add the onions and stir until reduced down and start to caramalise.
3. Add the turmeric, ground coriander, salt, ginger & garlic and stir for 2 minutes. Add the tomato paste, chopped tomatoes & coconut milk and stir through.
4. Add the lamb and toss to coat. If using an oven proof dish, pour into dish and cover, or cover your casserole dish and place in the oven. Cook for 3 1/2 hours, adding extra water if the mixture is drying out. Put back in the oven uncovered for 30mins to let the sauce thicken up. Remove the bay leaves & cinnamon stick. The dried chillies are super hot, so remove them from the sauce if you don't like crazy hot.
5. If your lamb has the bone in, pull the meat off the bone (the meat should be very tender and just fall off the bone) or if boneless, use two forks to pull the meat apart into chunks. Then stir the meat through the curry sauce. Sprinkle with fresh coriander leaves to serve.

Recipe from Mindfood Magazine - <http://www.mindfood.com/recipe/recipe-food-in-season-slow-cooked-rogan-josh/>

Mint Yogurt

Ingredients

1 cup plain yoghurt of choice (I used goats, sheeps is also good if lactose intolerant)
2 -3 tablespoons finely chopped fresh mint
salt and pepper to taste

Directions

1. Mix the ingredients together and season to taste

Spiced Quinoa

Recipe is my own

Ingredients

2 cup white Quinoa seeds, thoroughly rinsed (this is a must or your quinoa will be bitter)
5 cups water or stock of choice (I just used water)
3 garlic cloves, finely chopped
2 teaspoon ground turmeric
2 teaspoon ground cumin
4 cardamon pods
2 whole clove
3 tablespoons ghee

Directions

1. In a large saucepan over a medium heat, add the rinsed quinoa and the chopped garlic, and dry toast (no oil) for 1-2 mins. Add the water, turmeric, cumin, cardamon & cloves and bring to the boil while stirring through. Cover the saucepan, leaving a small gap for steam to escape and cook on a medium low heat for 15 minutes. Remove the cover and continue to cook while stirring until the liquid is removed.
2. Fluff the cooked quinoa with a fork and then stir through the ghee until melted and quinoa is lightly coated. You can remove the cardamon pods and cloves before serving, or leave them in, and just not eat them.