

Madras Lamb Curry



This recipe is really easy and the ideal meal make when you are on the road. It comes from a very old book that I have, produced by Bisto and uses bisto gravy powder. I have used granules as they are easier and were all I had in the cupboard.

INGREDIENTS

- " 3 tbsp of vegetable oil
- " 1 large onion, chopped
- " 1 green pepper, deseeded and chopped
- " 2 chillies, deseeded and finely chopped. Use less if you don't want it too hot
- " 2 garlic cloves, crushed
- " 2 tbsp of Madras curry powder
- " 500g of lamb shoulder, cut into cubes
- " 3 tsp of Bisto or other gravy powder
- " 500ml of water
- " 2 tbsp tomato puree
- " juice of 1 lemon

METHOD

1. Put the inner pot on a medium heat and add the oil.
2. When the oil is up to temperature (not too hot) add the onion, green pepper, chillies and garlic. Cook for about 4 minutes until the onion just starts to soften.
3. Add the curry powder and cook for 2-3 minutes stirring all the time to stop it sticking to the base of the pot.
4. Add the meat and keep moving it around until it starts to brown.
5. Mix the Bisto with a little water to make a smooth cream. You won't have to do this if you are using granules.
6. Add the rest of the water, tomato puree and lemon juice to the inner pot and stir well.
7. Stir in the Bisto and bring to the boil.
8. Simmer for 5 minutes with the lid on.
9. Put the inner pot into the insulated outer container.
10. Leave to thermal cook for at least 2 hours. Longer will be better.
11. Check seasoning and adjust before serving with rice and Naan bread.

NOTE: This recipe is supplied by Chef Dave Knowles from the UK and is described for a 4.5 litre inner saucepan so you will need to adjust quantities if you are using something else.

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