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by ewfood

South Indian Lamb Korma & Saffron Rice

Ingredients

30ml - Corn oil
5g - Black cardamom
8g - Green cardamom
8g – Cloves
2.4inch - Stick cinnamon
2 - Bay leaves
3g - Cumin seeds
2g - Fennel seeds
275g - Thin sliced onion
600g - Lamb cubes
75gm - Ginger garlic paste
5g - Red chilli powder
5g - Turmeric powder
3g - Cumin powder
3g - Coriander powder
150g - Tomato puree
1tbsp - Lemon juice
1tsp - Garam masala
100ml - Coconut milk
For the Saffron rice: 400g - Basmati rice
3g - Saffron strands
2tsp - Corn oil
100g – Butter
4pcs - Black cardamom
6pcs - Green cardamom
1tsp - Cumin seeds
6 blades – Mace
1no - Medium sized red onion chopped
For the garnish: Fresh coriander leaves chopped
Ginger juliennes
Grated coconut
Fried curry leaves

Preparation

1. Preparation of lamb: Heat the oil in a large heavy based pan, add the whole spices and bay leaf
2. As they begin to change colour, add the onions and sauté till golden
3. Add the lamb shank and fry in the caramelised onions until sealed all over
4. Add the ginger garlic paste and cook until their raw aroma has gone
5. Stir in the chilli powder, cumin, coriander and turmeric, and then pour in enough water to cover the lamb shanks
6. Bring to the boil, reduce the heat and simmer for about 90 minutes, till the lamb almost is cooked
7. Add the tomato puree and salt and cook until the sauce becomes thick enough to coat the lamb cubes well
8. Finish of coconut milk and garam masala powder
9. Saffron rice preparation: Wash and soak the rice in water for 30mins
10. Soak the saffron in 100ml of water, give it a boil and keep it aside to cool
11. Heat oil and butter, add whole spices, add the chopped onions, sauté till lightly brown

12 Add the soaked saffron and stir

13 Add the soaked rice with one inch of water above the rice level

14 Add salt to taste and stir once

15 Cook on a medium flame, till some pores form on the top of the surface of the rice

16 Low the flame to bare minimum and place it with a tight lid for 5 mins

17 Switch off the flame but let the lid intact for least 30mins

18 When done, break the rice with a roasting fork and serve

19 Serve hot along with saffron pulao.

Cooks Note

Vineet Bhatia , Consultant Chef in 'Indego by Vineet'