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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 off 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'
