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Terry's Rogan Josh

Ingredients

1/2 kg lamb
1/4 kg tomatoes
4 tbsp yoghurt
1 tsp cumin
2 tbsp chilli powder
1 tbsp sugar
5 cardamoms
3 sticks of cinnamon
6 cloves
2 tbsp ghee

Preparation

1. To start off with, heat the ghee in a pot. Then add the lamb meat and fry well for a while.
2. On the side, in a bowl - mix the yoghurt, chili powder and sugar and beat it well.
3. Lower the gas completely and add this mixture to the meat.
4. Then add the chopped tomatoes and let it cook on slow gas.
5. When meat is cooked, add the powdered masalas and keep on slow fire for about 5 to 8 more minutes.
6. Taste a bit of the meat to ensure its cooked.
7. Once you are satisfied with the thickness of the gravy, you can serve it with either hot parathas or naans or chapatis or rice.

Cooks Note

No water needed to be added to this dish.
It turns into a gravy because of the yoghurt and tomatoes.