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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.

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