

Posted on 7 May 2019

by Liz Robb

Long slow cooking, and little preparation, produces a simply delicious curry with

tender chunks of lamb in a creamy spicy tomato sauce, ready when you need it.

Ingredients

2 small onions
2 cloves of garlic
A small piece of ginger
1 large chilli, red or green
700-750g diced lamb
3 tablespoons of plain flour
Salt and black pepper
Olive oil
1 teaspoon of ground coriander
2 teaspoons of ground cumin
2 teaspoons of garam masala
1 teaspoon of chilli powder
Half a teaspoon of ground cinnamon
500ml lamb stock
400g can of chopped tomatoes
300ml light coconut milk
3 bay leaves
A handful of fresh coriander

Servings
4
Person

Preparation

1. Peel and finely slice the onions, peel and finely chop the garlic, peel and roughly grate the ginger and then deseed and finely slice the chilli.
2. Switch the slow cooker on to warm.
3. Sift the flour into a shallow bowl, season with salt and black pepper and toss the cubes of lamb in it to coat them.
4. Heat 2 tablespoons of oil in a large frying pan and brown the lamb in it for a few minutes, turning the pieces to brown on all sides; you will probably need to do this in 2 batches, adding a little more oil for the second batch.
5. Lift the lamb out with a slotted spoon and place in the slow cooker. Add another tablespoon of oil to the pan, lower the heat and gently cook the onions for a minute, then add the garlic, ginger and chilli and saute for a further 2 minutes.
6. Stir the ground coriander, cumin, garam masala, chilli powder and cinnamon into the onion mixture and cook gently for just a minute before spooning into the slow cooker.
7. Deglaze the pan with the hot lamb stock and pour into the slow cooker. Stir the chopped tomatoes, coconut milk and bay leaves into the slow cooker and turn it up to high.
8. When the curry begins to simmer, turn the slow cooker down to low and allow to simmer gently, stirring occasionally and checking that there is enough liquid, for about 6 hours. Serve with rice and naan, and garnish with a little chopped coriander.

Cooks Note

I used leg of lamb for this dish as I prefer to eat lean meat, but shoulder of lamb would work

just as well because it is cooked so slowly.