
RECIPE OF THE WEEK

Alex's Lamb Dopiaza

I remember a pub friend coming back from a holiday in Spain and announcing to the bar that he missed a pint and English food and that he was “gagging for a curry” which kind of sums up what is *the* food of the Midlands! This recipe is great made a day ahead or done in a slow cooker on low so it's ready when you get home.



4 tbsp olive oil
750g Manx Loaghtan lamb or chump chops
3 Green cardamom pods
1 slightly heaped tsp ground cinnamon or 1 cinnamon stick
4 whole cloves or 1/2 tsp ground
1/2 tsp fresh ground black pepper
1 large red onion or 2 small (chop half and slice half)
1 x 400g tin Valfrutta or Tarantella peeled plum tomatoes

1 inch cube of fresh ginger, peeled and chopped
5 large garlic cloves approx 30g
1/2 tsp turmeric
1 heaped tsp ground cumin
1 large heaped tsp ground coriander
1 tsp garam masala spice mix
1 level tsp deggi mirch chilli powder
1 shallow tsp sea salt
250ml yogurt
Juice of 1/2 a lemon
1 handful of chopped fresh coriander leaves

Prepare the lamb and other ingredients to hand. If using chops trim the ‘T’ to get bite size chunks. Get all the spices ready or ground in a little pot then whack with the end of a pestle. Put a good splash of olive oil in a heavy bottomed pan and turn in the spices with the chopped onions (I use a hand blender). When the spices have gone sticky toss in the lamb and seal adding a little splash of water or oil if they stick. Meanwhile, pop a tin of tomatoes and 1/2 a tub of yoghurt in a blender with the ginger garlic and blend until you get a nice purée. Turn into the lamb and mix then simmer on a very low heat for half an hour before adding the sliced onions. Don't boil or you will split the yoghurt. In a casserole on a hob it'll take an hour or so 'til the lamb is cooked. If using

a Slow Cooker mix the lamb and tomato mix together then toss the onions on top before lidding.

Towards the end or when you get home give it all a stir and add a little salt and lemon juice to taste. Slice the reserved onion and sauté until burnt to use as a dressing with the chopped coriander leaf

Serves 3-4 as a main with rice or a tandoori roti bread with vegetables.

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