

Lamb Curry

This is a versatile (**Indian**¹) dish, the meat content can vary according to what you have / fancy. Serves 4 unless one of the four is a hungry teenager.

Serve with a Peas Pilau and chutneys of your choice. If you have used a lot of chilli for a hot meal, then a cucumber raita side dish is a cool idea.

Ingredients

- 60 ml cooking oil
- 1 large onion peeled and chopped
- 1 clove garlic, peeled and chopped
- 900 g lamb shoulder boned, fat removed and cubed.
- 400 g chopped tomatoes (can)
- 100 ml **FAIRTRADE** red wine
- to taste **FAIRTRADE** freshly ground black pepper
- 5 ml **FAIRTRADE** ground cumin
- 5 ml **Fair trade** ground coriander
- 2.5 ml **FAIRTRADE** chilli powder

After a few minutes add the salt and pepper to taste.

Place in a pre-heated oven at Gas Mark 4 and cook for 2 hours.

To Serve:

Serve with **FAIRTRADE** basmati rice².

Variation

For a little sweet treat, add 125g **Fair Trade** dried apricots with the tomatoes.

Method

In an oven proof skillet fry the onions and garlic at medium heat until starting to turn translucent.

Add the cumin, coriander and chilli powder and fry for a minute. Don't worry if the spices and oil form a layer on the bottom of the pan.

Now add the lamb, stirring until all of the meat is browned. Usually the meat starts to leak the water that has been added by the butchers to increase the weight. This water will absorb most of the spice mixture from the pan bottom.

Add the wine if used, and bring to the boil.

Add the tomatoes and bring to the boil. Cover and turn down to a gentle simmer.

¹<http://www.fairtradecookbook.org.uk/countries/india.htm>

²http://www.fairtradecookbook.org.uk/recipes/rice_boiled.htm