

Fresh Canadian Lamb



Lamb curry

Serves four

Preparation time: 20 minutes

Cooking time: 1½ hours

Cost: \$\$

Ingredients

1¾ lb	Lamb neck or shoulder, cut into 1 inch (2.5 cm) cubes after removing fat	800 g
	Canola oil (to taste)	
2	Garlic cloves, chopped	2
1 tbsp	Ground ginger	15 ml
2	Chopped onions	2
1 tbsp	Indian curry powder (or to taste)	15 ml
1	Can (14 oz / 400ml) coconut milk	1
	Water (sufficient quantity)	
3	Potatoes, large chunks	3
1 cup	Cauliflower, large chunks	250 ml
¼ cup	Green peas, fresh or frozen	50 ml
2	Diced tomatoes	2

Method

Salt and pepper the lamb. In a heavy pan, heat the canola oil on medium-high and brown the cubes of meat a few at a time. Remove lamb, then brown the garlic with ginger and onions. Re-add the lamb with curry powder, mixing well and basting with coconut milk. Bring to a boil, then cover and simmer 30 minutes on low heat. Add the potatoes, cauliflower, and enough water to immerse the ingredients. Bring to a boil and cover, stirring regularly until the meat is tender. Five minutes before the end of cooking, add the tomatoes and green peas.

Sprinkle with chopped coriander and mint, and serve with basmati rice seasoned with cinnamon, cardamom, and cloves.

\$ = \$5–\$10

\$\$\$ = \$20–\$25

\$\$ = \$10–\$20

\$\$\$\$ = \$25 and up

Per serving:

Calories: 882; Fat: 50.1 g; Protein: 63.8 g; Cholesterol: 180 mg;

Sodium: 230 mg; Carbohydrate: 47.9 g; Fibre: 9.6 g