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His Royal Highness The Prince Charles,
Duke of Rothesay

Lamb Rogan Josh

Ingredients

- 400g diced Mey Selections lamb shoulder or boneless leg (diced)
- 2 onions chopped small
- 3 tablespoons vegetable oil
- 6 finely chopped garlic cloves
- 1 tablespoon chopped ginger
- 4 teaspoons ground cumin
- 2 teaspoons chilli powder
- 2 teaspoons paprika
- 1 cinnamon stick
- 1 teaspoon ground turmeric powder
- 250ml natural yoghurt
- 3 cups white rice

Method

1. Place the diced lamb into a bowl and mix well with the garlic, ginger, cumin, chilli powder, turmeric and paprika. Cover and set aside in fridge to marinade for 1 hour.
2. Heat the oil in a saucepan and fry the chopped onions until soft, then add the garlic cloves and continue to cook for 3 mins. Next add the marinated lamb, stir well, cover and continue to cook on a low heat for 15mins.
3. Uncover and fry until the meat becomes dry.
4. Add 100mls water, cover and cook until the water has evaporated.
5. Add 250mls water, cover and cook for 40-50mins, gently simmer until the meat is soft and tender.
6. Add the yoghurt and stir gently being careful not to let the meat burn on the base of the pan, season with salt and pepper to taste.
7. Cook as instructed on the pack.