

# Rogan Josh (Mild Indian Lamb Curry)

A dish that originally came from Persia and now is a popular Indian dish. It has unique flavor and it is rather mild.

Preparation time: **25 min** + Cooking time: **1h 50 min** = **Total time: 2h 15min**

600g lamb shoulder  
2 tb. olive oil  
1 onion  
2 cloves of garlic, pressed  
4 tb. cumin (ground)  
2 tb. chili powder  
1 tb. cardamom  
2 tb. curcuma (ground)  
2 cans tomatoes, chopped  
360g yoghurt  
2 tb. ginger, grated  
2 tb. coriander (leaves)  
1 ts. Garam Masala  
2 tb. almond spikes, roasted  
salt



## Simple Steps to Succeed

1. Peel the onions and cut it into small pieces.
2. Chop the meat into bite-sized pieces.
3. Brown the onions in a big pan using 1 tb. of olive oil. Add the pressed garlic and let it fry for a minute.
4. Add the spice mixture.
5. Deglaze it with the chopped tomatoes (or red wine and afterwards the tomatoes)
6. Add the yoghurt and grate the ginger into the pan.
7. Add 1 ts. of salt and 1 tb. of the chopped coriander leaves (the rest is for decoration)
8. Warm 1 tb. of olive oil in a frying pan. Add the meat and let it fry, stir, until it's brown on every side. Then put it into the other pan.
9. Let everything cook for 60 minutes with the lid on, then remove the lid and let it cook for another 35 minutes. Don't forget to stir from time to time.
10. Season with salt.
11. Add the Garam Masala (don't let it cook afterwards. Add it just before you serve it)
12. Decorate with almond spikes and coriander leaves.

This dish works great with rice.