

Lamb Vindaloo Recipe (goat Vindaloo)

1.25 lbs. (500 to 600 grams) lamb ((or goat shoulder or boneless leg of lamb))

2 tablespoons coriander seeds

1 teaspoon cumin seeds

10 black pepper

6 cloves

2 to 3 inch cinnamon piece

1/2 teaspoon mustard seeds (or ground)

20 Kashmiri dried red chillies ((or 1 tablespoon Kashmiri red chilli powder))

1 to 3 teaspoons Kashmiri red chilli powder (optional)

1/4 teaspoon turmeric

1/2 to 3/4 teaspoon salt ((+ 3/4 more to adjust later))

1/4 cup palm vinegar ((or malt vinegar, cane vinegar, apple vinegar or rice vinegar))

1 teaspoon jaggery (or brown sugar)

1/4 cup water

25 grams garlic ((peeled))

25 grams ginger ((peeled and sliced))

4 tablespoons oil ((preferably mustard oil))

1 large (1 cup) onion ((very fine chopped))

1 sprig curry leaves ((don't use dried, optional))

1 to 2 teaspoons jaggery (or brown sugar or any sugar)

1 First deseed the dried red chillies and soak them in vinegar and 1/4 cup hot water. If using red chilli powder in place of red chillies you may skip this soaking step. Keep this aside.

2 Meanwhile add all the spices – coriander, cumin, black pepper, cinnamon, cloves, mustard and salt to a small grinder jar. Make a fine powder.

3 Add jaggery, ginger, garlic, soaked red chillies (or chilli powder), & vinegar. Grind to a smooth paste adding 1 to 2 tablespoons more water if required.

4 Taste test this and add more salt or vinegar or red chilli powder to taste.

5 Marinate the lamb with turmeric and this vindaloo paste. Cover and rest overnight or at least for 6 hours.

6 When you are ready to cook the vindaloo, take it out of the refrigerator and keep aside.

7 Chop the onion very finely if using.

8 Heat oil in a pan or a dutch oven or a braiser.

9 Add the onions and saute them on a medium heat until golden.

10 Add the marinated lamb and begin to saute on a medium high heat for 5 minutes. You will see the vindaloo paste begins to smell good & leave the sides of the pan. At this stage cover and cook for 3 mins on a medium to medium-low heat.

11 Add the curry leaves and saute for 2 mins. Pour 1 cup boiling hot water and mix well.

12 Let lamb vindaloo cook for 1 1/2 hours or until tender. Keep stirring every 15 mins. You will need to add more hot water in batches after 40 mins.

13 You know the lamb vindaloo is done when the meat is soft and fork tender. Taste test and add salt and jaggery (or brown sugar) at this stage and cook further without covering to evaporate the excess water.

14 Vindaloo is a semi-dry dish with thick sauce. Check pictures in the post to see the consistency of the sauce.

1 1/2 to 2 cups hot water (or
as needed))

15 Lamb vindaloo tastes best the next day. Serve it over Basmati Rice, bread or with naans. If you are lucky enough to make or buy the Goan Poee bread, go for it.