

## Batch Cooked Pre-cooked Meat

2 tablespoons ghee or vegetable oil

6 whole cloves

8 black or 10 green cardamon pods

10 black pepper corns

1 x 5cm (2 inch) cinnamon stick

1 piece mace

2 large onions, finely chopped

2 tbsp ginger and garlic paste

3 Indian bay leaves (cassia leaves)

1 Kilo (2 pounds) leg of lamb cut into 1 inch size pieces on the bone

1 tbsp cumin seeds

1 tbsp coriander seeds

2 tbsp good quality mild paprika

1 tsp Kashmiri chilli powder

1 tbsp garam masala

Salt and pepper to taste

- ➊ Heat the ghee/oil in a large saucepan over medium high heat.
- ➋ When the oil is visibly hot, stir in the whole spices and let them infuse into the oil for about a minute. Be careful not to burn them!
- ➌ Pour in the chopped onions and stir to coat with the oil and spices. Cook this for about five minutes before adding the garlic and ginger paste.
- ➍ Fry for a further 10 minutes until the onions are soft and translucent.
- ➎ Now add the meat and the ground spices and stir well to combine.
- ➏ Brown the meat for a couple of minutes and then add just enough water to cover and simmer for about one hour to one and a half hours until the meat is nice and tender.
- ➐ When tender, allow the meat and the sauce to cool for use in your curries.