

## Lamb Kofta Curry

This is my long awaited Lamb Kofta Recipe, sadly I don't have a photograph of the equipment but it was fairly straight forward. I cooked it as a main course in my latest dinner party. It's rich, deep and flavourful and served with saffron rice is a guaranteed winner. It's an adaptation of Dean Edwards' Beef Kofta Recipe



### Ingredients

#### For the Kofta

- Olive Oil
- 500g Minced Lamb
- 1 Onion
- 1 Tbs Dry Mixed Herbs
- 2 tsp Garam Masala
- ½ tsp Chilli Powder
- Salt and Pepper
- 2 tsp Lazy Ginger
- 1 Tbs Garam Masala
- 1 tsp Turmeric
- 1 tsp Ground Cumin
- 1 Tin of Chopped Tomatoes
- 1 Can of Coconut Milk
- Salt and Pepper

#### For The Sauce

- 1 tsp Coriander Seeds
- 1 tsp Cumin Seeds
- 1 tsp Mustard Seeds
- Olive Oil
- 1 and ½ Onion
- 2 tsp Minced Garlic Granules

#### For The Rice

- Long Grain Rice
- Several Strands of Saffron
- Water
- Salt and Pepper

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### Also Needed

- Wok/Frying Pan
- Sauce Pan
- Mini Frying/Sauce Pan
- Large Bowl
- Mini Food Processor
- Knife
- Chopping Board
- Measuring Spoons
- Wooden Spoon

### Method:






<b>1</b>	Place the minced lamb in a large bowl; make sure it's a bowl that will give you enough room to mix everything.	
<b>2</b>	Chop an onion in to half moon shapes place them in a food processor.	
<b>3</b>	Blitz them until they are smooth enough, alternatively you can chop it finely if you prefer a bit of texture.	
<b>4</b>	To the minced lamb, add the Onion, Dry Herbs, Garam Masala	

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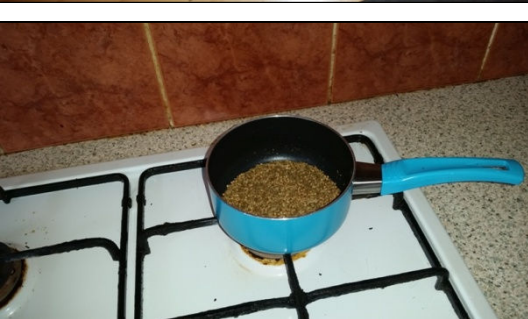

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<p><b>5</b></p>	<p>Then add the chilli powder, this is the bit that gives the kick. Add as much or as little as you like, I recommend between 1 – 2 tsps.</p>	
<p><b>6</b></p>	<p>Shape the kofta's in to golf ball sized balls. Place them in the fridge for them to set.</p>	
<p><b>7</b></p>	<p>For the sauce you'll need Ground Cumin, Ground Turmeric and Garam Masala.</p>	
<p><b>8</b></p>	<p>For the Ground Spices place 1 Tbs Garam Masala, 1 tsp Turmeric and 1 tsp Ground Cumin into a bowl and mix thoroughly. Set aside until we start making the sauce.</p>	
<p><b>9</b></p>	<p>The whole spices in the sauce are Coriander Seeds, Cumin Seeds and Mustard Seeds</p>	





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<b>10</b>	For the Whole Spices place 1 tsp Coriander Seeds, 1 tsp Cumin Seeds, 1 tsp Mustard Seeds	
<b>11</b>	Gently dry fry the whole spices in a small pan on a low heat... be careful they can burn quickly.	
<b>12</b>	Once they have browned and starting to smell lovely take them off the heat.	
<b>13</b>	Place them in a spice grinder, or alternatively place them in a pestle and mortar and turn them into powder.	
<b>14</b>	Once the spices have been ground, place them in a container and set aside for later when we start making the sauce.	

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<b>15</b>	Finely chop an onion, you can blitz this too but it'll give it a bit of texture if you finely chop it.	
<b>16</b>	Take the balls out of the fridge, put some oil in a frying pan and heat up. Once you've done that fry the balls off until they are brown, when they are set aside to make the sauce.	
<b>17</b>	Add a little bit of oil back in the frying pan that you cooked the balls in and then put the onions in, fry them until they start to soften and then add the garlic. Fry them together stirring continuously.	
<b>18</b>	Add the ground spices and the ground whole spices and mix thoroughly, if it starts to stick add some more oil.	
<b>19</b>	Add the coconut milk and mix thoroughly.	

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<b>20</b>	Add the tinned tomatoes and stir thoroughly, bring this to a simmer. Add the kofta's and cook gently for 40 – 50 minutes covered.	
<b>22</b>	Place some saffron strands in a glass. Try not to use too many because they say saffron can have a metallic taste.	
<b>23</b>	Pour some boiling water on top of the saffron and allow it to steep for about fifteen minutes.	
<b>24</b>	Place the water and the saffron along with more water on top of the rice and cook using the boiling method.	
<b>25</b>	Serve on a plate with the boiled rice.	

