

Lamb Rogan Josh

2 tsp coriander seeds
4 cardamom pods (black)
2 tsp cumin seeds
2 tsp ground paprika (I used smoked)
4 whole cloves
1 cinnamon stick
2 dry bay leaves
1 tsp salt
500g – 1 kg lamb (I used lamb steaks halved)
1 onion (150g) peeled and halved
40g fresh ginger, peeled
2 Garlic cloved, peeled
1-2 fresh red chillies or to taste
40g olive oil
180g Greek yoghurt
Fresh coriander chopped

Add all the spices to the bowl and sauté for **5 minutes at 120°/Varoma Speed 1**.

Add salt and mill on **Speed 10 for 1 minute**.

Add lamb and mix **Reverse Speed 2 for 10 seconds**. Set aside. You can do this bit ahead of time and then leave to marinade for 6 hours or overnight.

Place oil garlic, chillies, onion and ginger in the bowl and chop on **Speed 7 for 5 seconds**. Scrape down the sides. Sauté for **5 minutes at 120° Reverse Speed 1**.

Add lamb and yoghurt cook for **40 mins at 90° Reverse Speed 1**.

Place into your Thermoserver to rest. Garnish with fresh coriander. Serve with rice.