

## Lamb Curry - Northern India

1 oz butter  
1 tbsp groundnut oil  
1 lb cubed lamb  
1 medium onion, chopped  
1 large tomato chopped  
1 stick cinnamon, broken in 2  
6 green cardamon pods, crushed  
1 tsp ground cumin  
1 tsp ground ginger  
1 tbsp garam masala  
1 tsp chilli powder

1. Melt the butter in a frying pan and add the oil. When it starts to sizzle fry the lamb until just coloured on all sides. Remove with a draining spoon and set aside.
2. Add the onion and fry until golden, scraping up any residues. Add the garlic and fry for another minute.
3. Add the whole spices and cook for about 2 minutes, then add the ground spices. Cook until fragrant but be careful not to burn.
4. Return the lamb to the pan and add 8 fl oz. water or stock. Stir well, reduce heat to medium and simmer gently for 10-15 minutes until the sauce has thickened.
5. Add the chopped tomato in the last 5 minutes of cooking.
5. Serve with an indian bread.