



Silk Road Cafe
Chester Beatty Library
Dublin Castle
Dublin 2
Ireland
Phone: 014070770
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RECIPIE from Website

Lamb curry



INGREDIENTS

To serve 4

Ingredients

½ kg of diced lamb (leg or shoulder with minimum amount of fat)

1 table spoon extra virgin olive oil

5 cups cold water

½ tsp ground nutmeg

2 bay leaves

3 whole black pepper

½ onion

½ tsp salt

Step 1:

Heat oil in a pan and fry the diced lamb for 3-4 min till its brown. Add cold water, nutmeg, bay leave, black pepper, onion and salt and bring it to the boil. Simmer under a lid for 30 min. Then drain the water from the lamb but keep the stock. Set the lamb aside.



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Ingredients

1 tsp ground ginger
¼ tsp chili powder
2 tsp curry powder
3 cloves of garlic (crushed)
2 onions (finely chopped)
2 tsk tomato puree
3 whole tomatoes (finely chopped)
½ tsp cumin powder
1 table spoon extra virgin olive oil
Stock from the lamb (approx. 4 cups)
½ tsp salt

Step 2:

Heat oil in a pan and add all spices, garlic and onion. Fry them for a few min. Add tomato puree and 4 cups of lamb stock and bring to the boil. Add a lid and simmer for 30 min.

Step 3:

Add sauce mixture to a blender and blend until smooth.

Ingredients

½ cup of cooked chickpeas
Salt and pepper

Step 4:

Add the sauce and lamb to a pan and bring to the boil. Let it simmer for 15 min. Then add the chickpeas and check the flavour – if needed add a bit of salt and pepper.

Serve the lamb curry with rice