

FORT WAYNE PHILHARMONIC

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#FWPhil2U

Andrew's Rogan Josh Recipe

Ingredients:

- Garlic/Ginger paste(4 garlic cloves and about 1 inch of fresh ginger chopped if you can't get the paste - blended with water into a paste)
- 2 Tablespoons of oil
- 1 lb of meat chopped into cubes (lamb is best but you can use beef or chicken)
- 2 or 3 tomatoes (chopped)
- 2 onions (finely chopped)
- 5 cardamom pods (whole)
- 4 cloves
- 1 or 2 bay leaves
- 5 or 6 black pepper corns
- 1 and 1/2 cinnamon sticks
- Good teaspoon of cumin seeds
- 1 teaspoon of ground coriander
- 2 teaspoons of paprika
- 1 teaspoon of cayenne pepper
- 3 or 4 tablespoons of plain yogurt
- 1/4 teaspoon of garam masala (not essential - I usually forget about it)
- Juice of 1/2 a lemon

Heat the oil and brown the meat cubes. Take the meat out and set it to one side. Put the bay leaves, cloves, cardamom, pepper corns and cinnamon into the oil while it's still hot. Stir it around until the bay leaves change colour and the cloves begin to swell. Add the onions and fry for 5 minutes or so - until they turn a lovely brown colour. Add the ginger/garlic paste and stir for 30 seconds. Now add the coriander, cumin, cayenne and paprika and stir for another 30 seconds. Return the meat and its juices to the pan and stir for 30 seconds. Add the tomato and after a minute or so add 1 tablespoon of yogurt. After stirring in the yogurt until it's well blended, add the rest of the yogurt. You may need to add a little water to stop it sticking and to mix in all the spices but continue cooking for another 3 minutes or so. Add the lemon juice and bring to the boil. Once it has boiled, cover and simmer on a low heat for an hour or so until the meat is tender. Stir every 10 minutes or so. Add the garam masala right at the end, if you remember...

You can garnish with chopped coriander and serve with Basmati rice or Naan.

Enjoy!