



LAMB AKHNI

INSPIRED BY: NATALIE ANDERSON VISAGIE

Lamb Akhni was a treat in our family. Growing up we used to look forward to my mom getting paid as we will have her special Lamb Akhni the Sunday after payday for lunch. Today as an adult my boys adores lamb curry with a nice roti as a treat and my hubby Lamb Akhni the recipe I inherited from my mom.

Yield: 4-6 servings // Prep time: 30 minutes // Cooking time: 1 hour 30 mins // Total time: 2 hours

LAMB

2 tablespoons Oil
1,5 kg Lamb (shoulder/ ribs/ stewing lamb)
1 teaspoon Salt
2 medium Onions, chopped
6 pieces Cinnamon, stick
6 Cardamom pods
2 teaspoons Fennel seeds
2 cups Water
1 ½ cups Basmati rice
1 teaspoon Turmeric
2 teaspoons Salt
1 teaspoon Leaf Masala
4 whole Cloves

2 tablespoons Fresh ginger grated
4 cloves Garlic, peeled and finely chopped
1 petal Star anise
1 small Chili (red /green)
1 teaspoon Garam masala
2 teaspoons Cumin seeds
10 Curry leaves
2 tablespoons Tomato sauce
1 large Tomato chopped
1 teaspoon Sugar
1 cup Fresh coriander

METHOD

1. Heat the oil in a large saucepan over medium heat. Place the meat in the saucepan, season with the salt and scatter the onions over the meat. Add 4 pieces of cinnamon stick, cardamom pods and fennel seeds to the meat. Cook uncovered until all the liquid has dispersed, and the meat starts to brown. Add the water and cover. Cook over medium heat for 30 to 40 minutes.
2. While the meat is cooking, prepare the rice. Add the rice to boiling water with the turmeric, salt and the remaining cinnamon sticks. Cook for 7 minutes. Drain and steam for 20 minutes. Set aside to cool.
3. Add the leaf masala, cloves, ginger, garlic, star anise, chili, garam masala, cumin, curry leaves, tomato sauce, tomato and sugar and stir to blend with the meat mixture.
4. Reduce the heat, cook until the meat is tender and juicy. Add a little water if the mixture is dry. Mix in the rice by mixing only once and gently. Add fresh coriander and steam over low heat for 15 minutes.
5. Serve with buttered new potatoes, a tomato and mint sambal and roti.

