

# LAMB CURRY


EQUIPMENT: INSTANT POT PRO

## Lamb

4 cloves Garlic, chopped  
2 teaspoons Fresh ginger, finely grated  
1 cup Plain yoghurt  
1 kg Lamb knuckles  
1 teaspoon Salt  
¼ cup Coconut oil  
2 medium Onions, thinly sliced  
1 teaspoon Mustard seeds  
1 teaspoon White sesame seeds  
2 teaspoons Cumin seeds  
2 teaspoons Coriander seeds  
4 Cardamom pods  
½ teaspoon Mango powder  
¼ cup Curry leaves  
1 cup Fresh coconut, coarsely grated  
1 piece Cassia bark  
1 teaspoon Chili powder  
1 teaspoon Paprika  
2 cups Chicken/lamb stock  
1 tin (400ml) Coconut milk  
Garnish: coriander/ cilantro leaves and  
toasted flaked coconut

## Raita

2 cups Plain double cream yoghurt  
2 Spring onions, thinly sliced  
1 teaspoon Fresh ginger, finely chopped  
1 teaspoon Ground cumin  
1 tablespoon Fresh cilantro, coarsely chopped  
1 tablespoon Parsley, freshly chopped  
½ teaspoon Salt  
1 Lime, juiced  
½ cup Pomegranate seeds



Lamb knuckles marinated in a spicy yoghurt and braised in a flavourful stock with fresh coconut. Served with a pomegranate raita and steamed basmati rice.



### Prepare the lamb curry:

1. Make a smooth paste with the garlic and ginger, using a mortar and pestle. Mix the paste with the yoghurt.
2. Place the lamb in a no-reactive bowl, season with salt and cover with the yoghurt mixture on all sides. Cover and refrigerate overnight.
3. Select the sauté setting (medium) on the Instapot. Heat half the coconut oil in the Instapot over medium heat, add the onion and sauté until starting to brown, about 10 minutes, set aside.
4. Dry fry the mustard, sesame, cumin and coriander seeds, in the Instapot on the sauté setting (high). Add the cardamom, mango powder and curry leaves and continue to dry fry for about 3 minutes. Transfer to a blender, add onion and coconut and process to a smooth paste and set aside.
5. Heat remaining coconut oil in the Instapot, on the sauté setting (medium), add the lamb in batches and brown all over for about 5 minutes, set aside. Add the cassia bark, spice paste and stir fry for about 3 minutes. Mix in the chili powder and paprika, add lamb and stock and bring to the boil.
6. Seal your pot. Pressure cook on high for 50 minutes. Let it natural pressure release for 20 minutes, then release the remaining pressure.

### Prepare the raita:

7. Prepare the raita by combining the yoghurt, spring onion, ginger, cumin, cilantro, and parsley. Season with salt and add the lime juice. Mix to blend all the ingredients. Place in a bowl and cover, refrigerate until required, just before serving sprinkle the pomegranate seeds on top.
8. To serve, garnish the curry with cilantro and flaked coconut and serve with steamed basmati rice.



Yield: 4-6 servings  
Prep time: 20 minutes and overnight marinating  
Cooking time: 1 hour 30 minutes  
Total time: 2 hours 5 minutes



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