

More than 1 hour

Serves 6

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Ingredients:

Raita:

- ¼ cucumber, diced
- Pinch salt
- 1 small tub (175g) plain yoghurt
- ½ red onion, diced
- 1 Tbsp (15ml) mint, chopped

Indian curry paste:

- 3 Tbsp (45ml) coriander seeds
- 2 tsp (10ml) cumin seeds
- 3 cloves
- 7 black peppercorns
- 1 tsp (5ml) ground turmeric
- 1 red chilli, finely chopped
- 2 Tbsp (30ml) fresh ginger, peeled and grated
- 6 garlic cloves, grated

Curry:

- 2 Tbsp (30ml) butter
- 1 onion, chopped
- 8 lamb neck chops
- 1 quantity Indian curry paste
- 3 sticks cinnamon
- 2 bay leaves
- 2 Tbsp (30ml) tomato paste
- 1½ cups (375ml) plain yoghurt
- 2½ cups (625ml) chicken or beef stock

- 10 poppadoms, for serving

Method:

1. Preheat oven to 180°C.
2. For curry paste, toast all whole spices together in a dry pan over a medium heat until fragrant. Set aside to cool slightly.
3. Grind until fine using a pestle and mortar.
4. Add red chilli, ginger, garlic and process until smooth. Store in an airtight container - you'll have $\frac{3}{4}$ cup - and use for the recipe below as needed.
5. For raita, place cucumber in a colander and sprinkle with salt. Set aside to drain.
6. Stir yoghurt, onion and cucumber together in a large bowl.
7. Add mint and set aside.
8. Heat butter in a large frying pan and fry onion until golden.
9. Add lamb and brown on all sides. Remove and set aside.
10. Add curry paste and fry for a few minutes until fragrant.
11. Add cinnamon, bay leaves and tomato paste and fry for a few minutes more.
12. Stir in yoghurt a spoonful at a time.
13. Add stock and stir to combine.
14. Place lamb in a single layer in an ovenproof pot or dish.
15. Pour over sauce and toss gently to coat.
16. Cover and bake for 1½ -2 hours, until meat is tender.
17. Skim excess oil from surface using a ladle.
18. Serve lamb with raita and warm poppadoms.

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