

Fatima Sydow's Lamb Akhni

INGREDIENTS

Serves 10 -15

¼ cup (60 ml) olive oil
12 cardamom pods
4 tsp (20 ml) fennel seeds
8 small pieces of cinnamon sticks
¼ cup (60 ml) curry leaves
2 dried or fresh chillies
1 tbsp (15 ml) crushed chilli
6 large onions, peeled and chopped
1 tbsp (15 ml) cumin seeds
3 - 4 tbsp (45 - 60 ml) fresh ginger, peeled and grated
10 - 12 large cloves of garlic, peeled and finely chopped
2 ½ kgs of lamb
1 tbsp & 2 tsp (25 ml) salt
1 tbsp (15 ml) turmeric
1 cup (250 ml) Masala mix of choice
2 kg potatoes, peeled and cut into 4
1 kg basmati rice, rinsed in cold water and soaked for 30 minutes
1 cup (250 ml) fresh coriander, chopped
extra sesame seeds (optional)

minutes.
6. Once rice is cooked, garnish with more coriander and serve.



METHOD

1. Pour olive oil into an AMC 40 cm Electroroast® and heat over a medium temperature, probe on 6. Once oil has started to warm up, add the whole spices and chillies. Give it a stir and add the chopped onions.

2. Sauté onions over the medium temperatures for about 10 minutes. Then add cumin seeds, ginger and garlic and mix through. Sauté further for another 5 minutes.

3. Add the lamb to the onions. Increase heat if required, and fry to brown the meat. Add a tablespoon of salt and some warm water to cover the base. Cover with lid and reduce the heat to simmer.

4. Cook for about 1 hour, depending on the cut of meat, until meat starts to soften. Add turmeric and masala to the meat and mix through. Bring to a simmer again before adding potatoes. Add water to just cover the meat, cover with lid and simmer for 15 - 20 minutes.

5. Once potatoes are just tender, add the rice. Mix through and ensure the liquid covers the rice by 1- 2 cm. If not, add more water. Add remaining 2 teaspoons of salt and sprinkle with half of the fresh coriander. Once simmering, cover with lid and reduce heat. Cook for 30 - 35 minutes.

6. Once rice is cooked, garnish with more coriander and serve.



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