



Lamb chops in a curry marinade

In South Africa we love to braai! So, it's great to have a good marinade on hand. This curry marinade will be as good on chicken, pork or beef. You can even make delicious sosaties (kebabs) with this marinade as well.

SERVES 6 – 8

INGREDIENTS

15 ml (1 tbsp) cumin seeds
15 ml (1 tbsp) coriander seeds, lightly crushed
5 ml (1 tsp) fennel seeds
45 ml (3 tbsp) mild curry powder
2,5 ml (½ tsp) ground turmeric
60 ml (¼ cup) apricot jam or honey

2 small cloves garlic, crushed
45 ml (3 tbsp) finely grated fresh ginger
180 ml (¾ cup) strong Rooibos tea
45 ml (3 tbsp) apple cider vinegar
juice and finely grated rind of one large lemon
8-12 (about 1,5 kg) lamb chops
salt and pepper to taste

METHOD

1. Heat an AMC 20 cm Gourmet Low over a medium temperature until the Visiotherm® reaches the first red area.
2. Dry fry the seeds until aromatic, tossing the unit regularly, but take care as the seeds can burn easily. Remove from the heat.
3. Mix the rest of the ingredients except the chops, salt and pepper, together in a large bowl until well blended. Add to the seeds in the warm unit and heat gently over a medium temperature to bring the mixture to a gentle simmer.
4. Simmer without the lid for 8-10 minutes.
5. Pour a third of the marinade into an AMC 24 cm Dome, pack a layer of chops on top and pour more marinade over. Repeat with the remaining chops and marinade. Make sure the chops are well coated with the marinade. Cover with a Dome Seal and marinate for 1-2 hours or overnight.
6. Braai chops over medium coals to your preference and season to taste while they braai. Pack in an AMC 30 cm Braai Server and serve with your favourite braai sides and salads.