Lamb curry

מתכון מאת V-ZUG Ltd.



Preparation	30 Mins
Cooking time	2 Hrs
מנות	4
התקן	Combair-Steam SL from 2015

Preparation

1 tbsp clarified butter

800 g stewing lamb, e.g. shoulder

1 tsp salt

Pepper, freshly milled

Heat the clarified butter in the casserole until hot. Dab the meat dry and sear well in two batches, each for about 4 minutes. Season the meat and set to one side.

1 onion, large

1 clove of garlic

1 clove

1 tomato

1 bay leaf

1 tbsp curry powder, hot, e.g. Madras

1 tbsp curry powder, mild

1 dl white wine, dry

1½ dl vegetable bouillon

½ pear

½ apple

½ banana

Peel the onion, halve and cut into fine strips. Peel the garlic, halve and remove the germ. Wash and finely dice the tomato.

Wash, core and coarsely grate the pear and apple. Finely slice the banana.

Heat a knob of clarified butter in the casserole. Sauté the onion over a reduced heat. Add and sauté the garlic, clove, tomato and bay leaf.

Add both curry powders and deglaze with white wine. Bring to the boil until the white wine is reduced.

Pour in the stock and bring briefly to the boil. Stir in the fruit.

Add the lamb to the curry in the casserole and stir well.

Put the casserole with lid on the wire shelf in the cold cooking space. Cook.

Hot air humid 150 °C for 2 Hrs

עצות

Serve with: basmati rice and poppadoms (thin, round flatbread made from lentil flour, available from larger food shops).

אביזרים

Ovenproof casserole, ø26 cm

Wire shelf

מידע נוסף

הופק ביום	11.12.2019