

Easy Lamb Curry

Nina Hira - Marshall Field's Watertower Place

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

Servings: 4

*1 1/2 inch piece ginger, grated
2 pounds leg of lamb, cut into 1/2-inch pieces
1 medium onion, finely chopped
3 tablespoons oil
2 bay leaves
1/2 teaspoon crushed garlic
1 teaspoon red chili pepper
1 teaspoon ground cumin seeds
1/2 teaspoon turmeric powder
1 teaspoon ground coriander seeds
salt (to taste)
4 peeled tomatoes, chopped
4 sprigs fresh coriander leaves, chopped*

In a glass casserole, combine the ginger and lamb. Cover and marinate overnight.

In a three-quart saucepan, saute' the onions in oil. Add the bay leaves and garlic. Add the lamb, spices, salt, tomatoes and some of the chopped fresh coriander leaves. DO NOT STIR.

Cover and cook on very low heat for 30 minutes. When the lamb is soft and tender, stir.

Place the mixture in a serving dish. Garnish with coriander leaves.

Serve with rice pilaf.

Beef

Per Serving (excluding unknown items): 522 Calories; 41g Fat (71.5% calories from fat); 33g Protein; 4g Carbohydrate; 1g Cholesterol; 103mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 5 1/2 Fat.