

Dry Lamb cooked with Ginger, Garlic and Tomatoes

Ingredients:

1. 750 gms lamb
2. 4 medium size onions
3. 1 bulb garlic
4. Ginger equal in size to garlic
5. 4 tomatoes
6. Green chilli to taste
7. ½ tea cup vegetable oil
8. Salt
9. Red chilli powder to taste



Preparation:

1. Wash the lamb
2. Slice 2 onions coarsely
3. Peel the garlic and dice into thick cubes
4. Similarly peel ginger and dice into thick cubes
5. Slice the tomatoes coarsely
6. Put all of the above into a pressure cooker with 2 cups of oil and pressure cook
7. Let whistle blow and simmer the flame for approximately 5-7 minutes
8. Let the pressure release from the cooker
9. Separate the meat and other ingredients from the water
10. Take 2 onions slice them finely and fry with cooking oil till golden brown in pressure cooker
11. Put the meat and other ingredients along with the fried onions and fry
12. Add salt and red chilli powder to taste
13. Stir and fry using the left over water/juice from boiling the meat for 15-20 minutes till colour of meat becomes reddish
14. Pour the rest of the water/juice into the ingredients and pressure cook for another 10 mins.
15. Open pressure cooker and cook over flame till thick gravy formed

Serving: Garnish with coriander, mint, green chillies and ginger



The dish has been given by Mr Nikhil Tressler, Programme Officer at Asha Society. He has recently joined Asha with the aim of enhancing the skills of Asha students and to help them seek jobs that fit their ability and interest.