



# Karnataka Sadhya - mild

## Curry Powder

Serves 4 - 6 people

### Ingredients:

6 cloves garlic, finely chopped or blitzed  
3 fat inches ginger, grated or blitzed with skin on  
1 pt pouring or double cream, or 1 tin coconut milk, or 1 pt natural (organic yoghurt)  
2 lb stewing lamb, cut into cubes

1 tblsp ghee, butter, clarified butter or 3 tblsp vegetable oil  
1 lb onions, peeled, sliced  
1 packet of *GREEN SAFFRON Karnataka Sadhya Masala Spice Mix*  
1 rounded tsp salt (you can adjust the amount according to your personal preference....less or more)  
Nice handful of fresh coriander, roughly chopped  
1 lime, zest and juice  
2 tsp of *GREEN SAFFRON Garam Masala Spice Mix (optional)*

### How to make your meal:

1. In a bowl, combine the first four ingredients (the garlic, ginger, cream and meat) and leave to marinade for a couple of hours or overnight in the fridge if you have time.
2. Heat the ghee, butter, clarified butter or oil in a large casserole dish or heavy bottomed saucepan on a gentle heat, add the onions, salt and sweat until soft (about 10mins).
3. Next, add the packet of *Karnataka Sadhya Masala Spice Mix* and cook on a gentle heat until you can really smell the spices' fragrance (don't take too long - you don't want them to burn)
4. Then add the lamb, garlic, ginger and cream mix to the dish or saucepan and stir around so you fully combine all the ingredients and flavours.
5. Put the lid on the pan, and gently allow to cook on the hob (or in a low oven, 160°C, Gas Mk3) for about 1½ hours or until the lamb is meltingly tender.

DON'T FORGET TO CHECK OCCASSIONALLY. YOU MAY NEED TO STIR IT OR ADD A LITTLE MORE CREAM/WATER IF YOU'RE WORRIED IT'LL STICK

6. Finally, sprinkle with *GREEN SAFFRON Garam Masala Spice Mix (optional)*, the lime juice and zest, throw in the fresh coriander, stir to combine and serve immediately ...simple!

### Serving suggestion:

Serve with mounds of Indian Basmati rice and riata.

### Alternative suggestions:

Try replacing the lamb with 2lbs of chicken breast cut into mouth sized pieces, but remember to only cook it for about 30 minutes otherwise the chicken will be tough.

### Remember:

This recipe has been tried and tested by the Green Saffron Masaalchi and is pretty much guaranteed, but if you want to change the quantities of a couple of ingredients go for it....experiment and enjoy your cooking. With Green Saffron spices you can't go wrong!!!

Why not become our Facebook friend (Green Saffron Masaalchi) or follow us on Twitter (@greensaffron)?!

For handy hints and compliments contact us on:

T: +353 (0)21 463 7960, M: +353 (0)86 833 1030, E: eatwell@greensaffron.com, W: www.greensaffron.com.

Unit 16 Nordic Enterprise, Knockgriffin, Midleton, Co Cork, Ireland