



# Baadam Pasanda - mild

Serves 4-6 people

## Ingredients:

12 dried figs (200g)  
1 lemon, juice (25g) and zest  
350ml/12fl oz warm water, warm to the touch, not scalding  
  
1½kg/3lbs diced leg of lamb **OR** 12 lamb loin chops (approx 1.2kg)  
\*30g/1oz ghee or butter (if using diced leg of lamb)  
3 medium onions (600g/1¼lb), peeled, finely sliced  
4 cloves garlic, peeled, crushed or blitzed  
1 fat inch of ginger (30g/1oz), grated or blitzed  
1 packet of *GREEN SAFFRON Baadam Pasanda Spice Mix*  
150ml/5fl oz fresh cream  
4tblsp (200ml) natural, organic, plain yoghurt  
50g/2oz ground almonds  
35ml/2-3tblsp rose water (optional, but highly recommended)  
1tsp/5g *GREEN SAFFRON Garam Masala Spice Mix*

## How to make your meal:

1. Put the dried figs, lemon juice and zest into a bowl with the warm water and set aside.
2. Heat a sauté or large frying pan on a high heat, add the ghee, then place the diced lamb into the pan in batches, (a 1/3 of the total at a time should do). Basically, the meat should sizzle as soon as it hits the pan. Fry for 5 minutes or so, stirring now and again until all the bits are a nutty brown colour.

\*NB: If you're using chops, you shouldn't need to use any ghee or butter as the chops should render down, releasing their own fat into the pan, but do cook them for a couple of minutes rather than just searing or colouring them.

3. As each batch of meat is cooked, carefully remove from the pan with a slotted spoon, set aside on a handy plate and continue until you've done all the meat. Then, take the pan off the heat and wipe any larger burnt pieces out with a good handful of kitchen towel, making sure to leave as much of the juices and fat in the pan as possible.
4. Put the pan back onto a medium heat, add the onions, garlic, ginger, packet of *GREEN SAFFRON Baadam Pasanda Spice Mix* give them a stir and cook (or sweat them down) with the lid on until they're all good and soft.
5. Tip the softened onions, garlic and ginger into a blitzer (or blender) along with the figs, lemon and water mixture, yogurt, cream and ground almonds. Blitz to a smooth paste. (Smell the mix, it's just like rich, sweet honey.....mmmm!)
6. Pour the thick, spicy paste into the pan, place on a medium heat. Then, slide the browned meat and their juices from the plate, into the pan. Stir to ensure all the ingredients are nicely combined and cook gently for 5 to 10 minutes, or until the mix starts to bubble up nicely.
7. Remove from the heat. Pour in the rosewater (if using), throw in the *GREEN SAFFRON Garam Masala Spice Mix*, stir to combine the flavours, savour the amazing aroma and serve immediately.....simple!

## Serving suggestion:

Sprinkle with freshly chopped coriander and serve with *Green Saffron's Indian Basmati Rice* and spiced banana riata

## Alternative suggestions:

Try replacing the lamb with 2lbs of chicken breast cut into mouth-size pieces. Fish could also be used instead of lamb. Monkfish is recommended as it has a firmer texture. Again, remember to only just cook the fish. This could take as little as 5 minutes.

## 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!!!

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