

Spicy curry

Brick Lane is famous for its restaurants selling delicious curries. This is how you could make bhuna gosht, a lamb curry.

Spices...



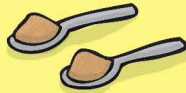
1 teaspoon of ground cumin



a small piece of peeled and grated ginger



1 teaspoon of turmeric



2 teaspoons of ground coriander*



2 peeled and crushed garlic cloves



½ teaspoon of chilli** powder



1 teaspoon of paprika

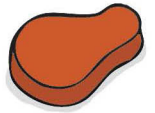
* cilantro **chili



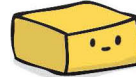
1 chopped onion



3 chopped tomatoes



750g / 1½lb chopped lean lamb



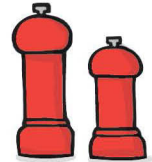
55g / 2oz. butter



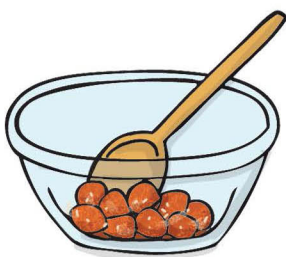
120ml (¼ pint) water



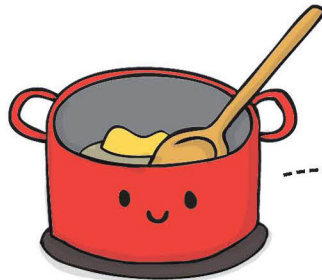
4 tablespoons lemon juice



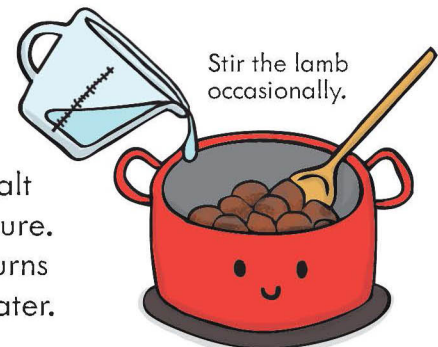
a pinch of salt and pepper



1. Mix the lamb with the spices in a bowl.



2. Melt the butter in a saucepan over a medium heat.



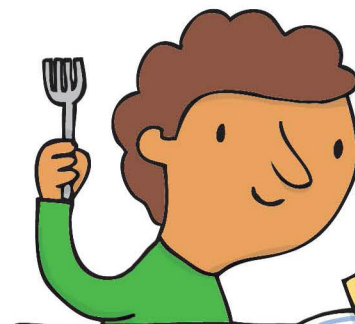
3. Stir in the onion, salt and the lamb mixture. When the onion turns brown, add the water.



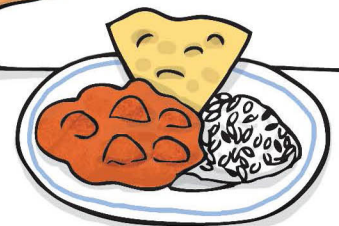
4. Leave the pan on a low heat for ten minutes, then add a bit more water and turn up to a medium heat.



5. Let the bhuna simmer for 25-30 minutes. Then add the lemon juice, tomatoes and pepper.



You could serve the bhuna gosht with some basmati rice or Indian bread.



6. Stir for five minutes, then serve.