

LAMB CURRY

Equipment:

Measuring Spoons

Measuring Cup

2 Qt. Glass or Microwave safe plastic bowl with cover

Wooden Spoon or High Temp Rubber Spatula

Ingredients:

1 small onion, finely 1 chopped

1/4 cup butter or margarine 50 ml

2 tbsp flour 25 ml

1 lb. boneless lamb, cut 500 g

into 1/2" (1 cm) cubes

1/2 cup water 125 ml

1 tsp chicken bouillon 5ml powder

1/3 cup raisins 75 ml

1/3 cup peanuts 75 ml

2 tbsp lemon juice 25 ml

1 tbsp curry powder 15 ml

1/2 tsp ginger 2ml

1/2 tsp salt 2 ml

1/2 cup flaked coconut 125 ml

2 cups cooked rice 500 ml

Procedure:

1. Cook onion and butter in a 2-quart (2 L) casserole at **P7** 1 - 2 minutes. Stir once.
2. Stir in flour, then lamb, water, bouillon powder, raisins, peanuts, lemon juice, curry powder, ginger and salt.
3. Cook, covered, with glass lid, at **P7** 5 minutes and **P4** 20 - 25 minutes, or until lamb is tender; stir once.

Chefs Tip:

For added flavor, brown the meat in a pan on the stove top and use as the recipe states – be sure to deglaze the pan with any liquid in the recipe to extract every bit of flavor.