

Lamb Green Curry



Ingredients & Method

*Serves:*4

Preparation time: 15 minutes

Cooking time: 50 minutes

You will need:

800 g diced lamb forequarter
1 onion, chopped
1 green chilli, seeded and chopped
2 tbsp green curry paste
1½ cups beef stock
400 g can coconut milk
2 tbsp brown sugar
1 tbsp fish sauce
500 g pumpkin, peeled and cubed
1 cup frozen peas
steamed jasmine rice to serve

Step 1

Season the lamb with salt and pepper, add a little oil, and mix well. Heat a large heavy-based pan over a medium-high heat. Brown the lamb in 2 or 3 batches. Remove each batch and set aside.

Step 2

Add the onion to the pan and cook until soft. Add the chilli and curry paste. Stir for 2 minutes and pour in the stock. Bring to the boil, and then reduce heat to simmering point.

Step 3

Return the lamb to the pan, simmer for 30 minutes. Check that the dish simmers gently during the cooking time. Stir occasionally and adjust the heat if needed.

Step 4

Stir in the coconut milk, sugar and fish sauce. Add the pumpkin cubes and cook for a further 20-25 minutes or until the pumpkin is cooked and the sauce has

thickened. Stir in the frozen peas during last 5 minutes of cooking. Serve with steamed jasmine rice.

Tips

Don't rush the initial stage of browning the meat. This will make this dish rich in colour and flavour. Brown the meat in small batches over a medium-high heat.

Simmer the casserole gently and taste it to see if it's ready. Stir occasionally and adjust the heat as it cooks if needed. When it's done the meat should be tender enough to fall apart easily with a fork.

A casserole will keep for up to 2 to 3 days in the refrigerator. Casseroles should be refrigerated immediately after the steam from cooking has evaporated. Place the hot casserole into a shallow container in the fridge so it cools quickly. Do not leave it to cool completely on the bench. To serve bring it slowly to the boil over a medium heat, reduce heat and simmer for about 3 minutes, or until the meat and sauce are both thoroughly hot.

Best lamb cuts for or casseroles or braising: Diced lamb forequarter, forequarter chops, shanks, frenched shanks, neck chops, lamb topside, leg (bone-in), shoulder (bone-in), easy carve (leg or shoulder bone out), boned and rolled shoulder or leg.

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