

TO START

# KARIPOT SLOW ROASTED SPICED LAMB

## INGREDIENTS

2–2.5kg leg of lamb or shoulder - 2 medium onions, finely chopped - 3 green chillies - 10 garlic cloves, finely chopped - 4cm piece ginger, peeled and finely grated - 300ml creme fraiche, lightly whisked - 2 tablespoons ground cumin 3 tablespoons ground coriander - 1 teaspoon garam masala - 2 bay leaves - 1 inch piece cassia or cinnamon sticks - 10 green cardamom pods, slightly cracked - 10 black peppercorns - 8 cloves - 80g coconut milk powder - 2 teaspoons salt, or to taste - 4 tablespoons oil or ghee

OPTIONAL GARNISH MIX TOGETHER THE FOLLOWING:

4tbsp crispy fried onions - 3tbsp finely chopped coriander - 2tbsp toasted coconut - 1tbsp finely chopped sultanas - 1/2 finely chopped red chilli

## INSTRUCTIONS

1. Using a sharp knife, make deep insertions all over the lamb, then place it in the centre of the Karipot
2. Blitz the onions, green chillies, garlic and ginger in a blender to a paste, adding a little water if necessary to make it smooth
3. In a bowl, mix together the creme fraiche, ground cumin, ground coriander, garam masala, coconut milk powder and salt, then add the onion paste and mix well
4. Pour the marinade over the lamb and, using your hands, massage all over, making sure to push the marinade into the insertions and that the lamb is well covered
5. Cover with plastic wrap and refrigerate for 2–3 hours, or overnight
6. Remove the lamb from the refrigerator and allow it to come up to room temperature. Preheat the oven to 220°C/Gas 7
7. Heat the oil in a frying pan over a medium heat. Add the bay leaves, cassia or cinnamon, cardamom, peppercorns and cloves and fry for 30 seconds, or until slightly changed in colour
8. Pour the whole spices over the marinated meat, add a splash of water and cover tightly with foil
9. Place the lamb in the hot oven. Cook the lamb for up to 3-4 hours, or until the meat falls away from the bone. Reduce the heat to 130°C/250°F/Gas 1 after the first 30 minutes and uncover after the first 2 hours
10. Allow to rest for 15–20 minutes before serving

SERVES 4–6 | PREPARATION TIME: 1 HOUR | COOKING TIME: 3-4 HOURS