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EPISODE 23 - LAMB TIKKA MASALA

Ingredients - Marinade:

1 tbsp garam masala
1 tbsp cumin
1 tsp coriander powder
½ tsp freshly ground black pepper
2 tbsp lime juice
300 g plain yogurt
½ tsp salt
Red food colouring

Ingredients - Sauce:

1 tbsp olive oil
50 g clarified butter (ghee)
1 onion diced
1 tbsp ginger puree
4 cloves crushed garlic
1 tsp red chilli flakes
1 tbsp garam masala
2 tbsps tomato paste
200 ml coconut milk
200 ml tomato puree
1 tsp salt

800 g Lamb chopped into cubes

Marinade -

Sprinkle the dry ingredients over the meat and massage in thoroughly
Add the yoghurt, lime juice and food colouring and mix well
Place in fridge overnight

Sauce -

Heat oil in a frying pan over medium-high heat
Add the clarified butter and melt
Add onion and cook until brown around the edges about 12 minutes, stirring occasionally
Add the garlic and ginger and cook for another minute or 2
When the onions have softened and browned completely, add the garam masala and chili and stir through
Add the tomato paste and stir through

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Add the tomato puree and stir through

Add salt and then the coconut milk and stir through

Simmer for 5 to 10 minutes

Preheat the oven to 250° C

Remove the lamb from the yogurt mixture, leaving as much yogurt on the meat as possible

Thread the pieces of lamb onto skewers

Place on an oven rack and put into the oven for 5 minutes

Change the oven to grill mode and put the rack onto the top shelf

Grill until the yogurt has slightly charred or blackened, about 2 minutes on each side

Remove the lamb from the skewers

Serve with the sauce over basmati rice and garnish with coriander