



3-ply stainless steel

## Lamb Bhuna

3-ply Stainless Steel 24cm Deep Casserole



# Lamb Bhuna

Serves 6-8

Lamb Bhuna or Bhuna Gosht as it is also known is a thick, medium-hot curry made from a paste of fried spices, onions, garlic, aromatic ginger and tomatoes. The meat does not require pre-frying and is added to the sauce and slowly cooked over a low heat until very tender. Garam masala and fresh coriander are stirred through towards the end of cooking and the curry is served with cooling natural yoghurt and more fresh coriander. Serve with Indian flat breads such as naan, chapatti or paratha.

Preparation time: 15-20 minutes

Cooking time: 1hr 30 - 1hr 45minutes

## Ingredients

### For the spice paste

1½ tablespoons vegetable oil  
2 tablespoons cumin seeds  
2 tablespoons coriander seeds  
2 teaspoons mustard seeds  
2 teaspoons fennel seeds  
¾ teaspoon dried chilli flakes  
4 tablespoons water

### For the curry

3 tablespoons ghee or clarified butter  
2 large onions, sliced  
6 cloves garlic, crushed  
85g root ginger, peeled and finely chopped  
8 green cardamom pods, crushed  
3 fresh green chillies, seeds removed and finely chopped  
2 x 400g can chopped tomatoes in juice  
4 tablespoons tomato purée  
1 teaspoon salt  
1kg lamb leg meat, cut into 4cm chunks  
300ml vegetable stock or water  
2 teaspoons garam masala  
6 tablespoons fresh coriander, roughly chopped  
6 tablespoons natural yoghurt

## Method

1. Heat the oil in the casserole, add the spices for the spice paste and fry over a medium heat for 1-2 minutes until the seeds begin to pop, stirring occasionally so they do not catch and burn.
2. Once cooled grind the spices to a paste with a pestle and mortar or in a small blender, add the 4 tablespoons of water to loosen the mix. Reserve for later.
3. Heat the ghee or clarified butter in the casserole and fry the onions for 3-4 minutes until softened, add the garlic, ginger, cardamom pods, and fresh chilli and continue to fry for 1 minute more.
4. Add the canned tomatoes, tomato purée and salt then stir in the spice mix. Cook for 2-3 minutes without the lid, stirring occasionally.
5. Add the meat to the sauce, stir and cook for 1 minute. Add the stock or water, put on the lid and simmer over a low heat for 1½ to 2 hours until the meat has become tender and the sauce has reduced and thickened nicely. Stir the curry occasionally during this time.
6. Stir in the garam masala, half the fresh coriander and adjust the seasoning to taste.
7. Continue to simmer for approximately 5 minutes without the lid, stirring occasionally until the sauce has become a thick coating consistency.
8. Serve the curry with the yoghurt spooned over and the remaining fresh coriander.

## Cook's notes

- If you prefer a milder heat reduce the amount of fresh green chilli used, for hotter curries include the chilli seeds.
- As this recipe makes a generous quantity you can freeze any leftovers for another meal. The flavours of spicy foods such as curry are often enhanced when reheated.



3-Ply Stainless Steel  
24cm Deep Casserole

**LIFETIME**  
GUARANTEE  
LIMITED WARRANTY  
GARANTIE À VIE LIMITÉE



[www.lecreuset.com.au](http://www.lecreuset.com.au)

Reference No. 4076