

Lamb Vhura with Dal & Spiced Onions



Dal



Ingredients:

- 400g Red Lentils
- 10g Turmeric
- 20g Salt
- 100g Chopped Tomatoes

The Turka:

- Big Pinch Hing Asafoetda
- 100g Butter
- 45g Cumin Seeds
- 5g Chilli Powder
- 90g Garlic and Ginger Paste

Method:

- Wash Lentils in the pot
- Cover the lentils with water to second finger joint
- Add the salt and turmeric
- Bring to the boil and turn down to simmer
- Cook until tender
- Heat up the oil and add all the turka ingredients
- Pour into Dal, stir in the butter



Herbed Rice



Ingredients:

- 140g Basmati Rice
- 10g Finely Chopped Tarragon
- 10g Finely Chopped Chives
- 20g Finely Chopped Coriander

Method:

- Wash rice in plenty of cold water until water runs clear
- Drain
- Boil a large pan of salted water
- Cook rice in the boiling salted water until done
- Drain in colander and leave
- Then fold in chopped herbs and serve.



Vhuras



Ingredients:

- 1 ½ lbs Minced Lamb
- 2 Small Red Onions
- 10 Cloves Crushed Garlic
- 3 Inch Grated Ginger
- 3 Finely Chopped Fresh Green Chillies
- 2 tsp. Garam Masala
- 1 tsp. Ground Roasted Fennel Seeds
- Salt to taste
- 2 Limes cut into wedges
- 30g Coriander
- Tonys dip and drizzle coriander and mint sauce
- Tonys Dip and drizzle Tamarind sauce

Method:

- Finley chop the onions.
- Then mix all the ingredients together.
- Let sit for at least 30 minutes in the fridge.
- Forms the meat into small golf ball sized balls then flatten out a little.
- Heat a heavy based pan over a medium flame, add a drop of oil
- Cook them for 3 to 4 minutes on each side.



Spiced Red Onions



Ingredients:

- 500g Red Onions, finely sliced
- Juice of 2 Limes
- 2 tbsp distilled vinegar
- Chilli Flakes, to taste
- 1 & 1/2 tbsp Pomegranate Powder
- Salt to taste

Method:

- Put all the ingredients in a big bowl and give it a good mix.
- Leave for at least 3 hours, mix it every now and then. It's best if kept for a week before serving, again shake it from time to time.

