

South Indian Lamb Curry

Yield: 6 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/lamb-pepper-fry-south-indian-recipe>

Ingredients:

- 2 5/8 pounds diced lamb shoulder or leg is good
- 3 tablespoons groundnut oil sunflower/
- 1 1/8 pounds onions chopped, about 3 large onions
- 10 cloves garlic peeled
- 1/2 cup root ginger peeled and chopped roughly, about the size of a golf ball
- 1 tablespoon cumin seeds each of the following:, black/brown mustard seeds
- 15 curry leaves fresh, if possible
- 1 2/3 cups canned tomatoes
- 2 tablespoons tomato concentrated, pureé
- 2 tablespoons dessicated coconut
- 2 1/8 cups chicken stock
- 2 teaspoons sea salt
- 1 tablespoon chilli flakes each of the following: red, ground coriander, garam masala
- 1/2 tablespoon paprika each of the following:, turmeric, dried fenugreek leaves
- 2 teaspoons muscovado sugar light
- 1 handful coriander leaves fresh, chopped

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 5 milligrams
4. Fat: 9 grams
5. Fiber: 4 grams
6. Protein: 6 grams
7. SaturatedFat: 2 grams
8. Sodium: 1000 milligrams
9. Sugar: 6 grams

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