

Lamb Madras Curry

Yield: 8 min

Total Time: 150 min

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

Ingredients:

- 1 1/2 tablespoons coriander seeds
- 1 1/2 teaspoons cumin seeds
- 1/2 teaspoon salt
- 5 whole dried red chile peppers
- 6 fresh curry leaves
- 3 tablespoons garlic paste
- 2 teaspoons ginger paste
- 1 1/2 teaspoons ground turmeric
- 2 1/4 pounds meat lamb, cut into 1 1/2 inch cubes
- 1/2 cup ghee clarified butter, melted
- 1/4 cup vegetable oil
- 4 onion sliced 1/4 inch thick
- 13 1/2 ounces coconut milk
- 2 cups water divided
- 1 teaspoon fennel seeds
- 6 cardamom pods
- 1 cinnamon stick
- 1 1/2 teaspoons garam masala
- 1 teaspoon sugar
- 3 tablespoons warm water
- 1 tablespoon tamarind paste

Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 95 milligrams
4. Fat: 60 grams
5. Fiber: 5 grams
6. Protein: 24 grams

7. SaturatedFat: 23 grams
 8. Sodium: 250 milligrams
 9. Sugar: 5 grams
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