

# Vivek Singh's Saddle of Lamb

Yield: 4 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-panch-phoran-recipe>

## Ingredients:

- 1 saddle of lamb trimmed and cleaned. Approx. 800g in weight, reserve the trimmings
- 1/2 teaspoon salt
- 1 teaspoon red chili powder
- 1 tablespoon corn oil or vegetable oil
- 2 tablespoons Greek yoghurt
- 1 teaspoon garam masala ground
- 1 teaspoon red chili powder
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 3 tablespoons oil preferably mustard oil
- 1 teaspoon panch phoran available to buy ready at good Asian stores, pickling spice mix, 1 part mustard seeds, 1 part black onion seed...
- 1 white onion finely chopped
- 1/2 teaspoon ground turmeric
- 4 tablespoons Greek yoghurt
- 2 tablespoons cornmeal
- 1 cup lamb stock or water
- 4 green chillies slit lengthways
- 1 teaspoon salt
- 1 tablespoon jaggery or molasses sugar
- 1 tablespoon coriander green chopped
- 500 grams root vegetables young, carrots, turnips, radishes, fennel bulbs
- 2 tablespoons vegetable oil
- 1/2 teaspoon cumin seeds
- 1 teaspoon coriander seeds
- 1 teaspoon chilli flakes crushed
- 1 teaspoon sugar
- 1 teaspoon salt
- 1/2 cup white wine vinegar

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 5 milligrams
4. Fat: 23 grams
5. Fiber: 7 grams
6. Protein: 5 grams
7. SaturatedFat: 2 grams
8. Sodium: 1980 milligrams
9. Sugar: 15 grams

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