

# Lamb Rogan Josh

Yield: 8 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/rogan-gosht-recipe-indian>

## Ingredients:

- 2 1/4 pounds lamb sliced shoulder or leg, 2 lbs.
- 1 1/8 pounds onions sliced, 3 large, 1 lb
- 2 tablespoons oil or ghee
- 1 cup plain greek yogurt 1 cup
- 8 garlic cloves minced, 1 tbsp
- 2 inches fresh grated ginger 1 tbsp
- 1 tablespoon coriander powder
- 1/2 tablespoon cumin powder
- 2 tablespoons sweet paprika red smoked
- 1 teaspoon cayenne hot
- 1/4 teaspoon turmeric powder
- 1/2 teaspoon ground pepper
- 1/2 teaspoon salt
- 2 tablespoons lemon juice
- 6 green cardamoms
- 4 cardamoms black
- 1 stick cinnamon
- 4 cloves
- 1/2 star anise
- 2 bay leaves

## Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 95 milligrams
4. Fat: 34 grams
5. Fiber: 4 grams
6. Protein: 24 grams
7. SaturatedFat: 14 grams

8. Sodium: 240 milligrams
  9. Sugar: 4 grams
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