

MADRAS LAMB CURRY

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 tablespoon coriander seeds
- 1 teaspoon fenugreek seeds
- 1 teaspoon mustard seeds
- 2 teaspoons poppy seeds
- 1 teaspoon cumin seeds
- 2 teaspoons black peppercorns
- 1 teaspoon fennel seeds
- 3 sticks cinnamon
- 6 cloves
- 1 tablespoon ground turmeric
- 4 whole chilies
- 2 green chilies small
- 4 cloves garlic
- 5/8 inch ginger
- 2 1/4 pounds lamb cut into large cubes
- 1 teaspoon salt
- 1 teaspoon chilli powder
- 3 tablespoons mustard oil
- 1 teaspoon black mustard seeds
- 3 onions finely chopped
- 10 curry leaves
- 1 2/3 cups chopped tomatoes puréed
- 1 tablespoon tamarind paste
- 6 3/4 tablespoons water
- 5/8 cup yoghurt
- coriander to garnish, optional

Nutrition:

1. Calories: 900 calories

2. Carbohydrate: 32 grams
3. Cholesterol: 195 milligrams
4. Fat: 64 grams
5. Fiber: 11 grams
6. Protein: 51 grams
7. SaturatedFat: 27 grams
8. Sodium: 950 milligrams
9. Sugar: 9 grams

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