

dalcha

preparation time: 15 minutes
+ 30 minutes soaking
cooking time: 1 hour 15 minutes
chilli rating: medium

difficulty level: easy
serves: 4 as part of an
indian meal



ingredients

2 tbs red meat garam masala
(see Ajoy's [blog](#))
1 cup split chick pea lentils
1 tbs chilli powder
1 tsp ground turmeric
2 tbs coriander seeds, ground
2½ cups whole-milk yoghurt
1 kg lamb shoulder (or leg) cut
into 1-inch pieces
½ cup vegetable oil
2 white onions, sliced
1 tsp salt
1 tbs fresh ginger, grated
1 tbs garlic, minced
4 fresh mid long green chillies,
slit lengthways
1 tbs lemon juice
1 sprig snap-fired kari leaves

method

Grind the red meat garam masala and set aside.

Soak chick pea lentils in 3 cups water and set aside for about 15 minutes.

To prepare marinade: Mix garam masala, chilli powder, turmeric, coriander and yoghurt, add meat, mix well and let marinate for 15 minutes, as shown in [blog](#).

In a frying pan, heat oil until it starts smoking, add onions and salt and let caramelise, as shown [here](#).

Add ginger and fold and then add garlic and fold, and cook until aromatic and caramelised.

Add marinated meat and sear meat, or until the oil rises to the surface. Add chillies.

Place mixing bowl on top of the pot and follow the blog for the remaining part of the recipe.

Serve topped with kari leaves alongside basmati rice (to cook rice, [click here](#)), bread of your choice and a green salad.

Ajoy's tips Not sure about tempering kari leaves? Have a look at my [quick tip video](#)

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