

Lammfleischcurry (Rogan Josh; Kaschmir)

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Typ: Fleisch

Quelle: 50 great curries of India, S. 54

Bemerkungen: Rogan means meat fat and josh literally means heat, though figuratively it means intensity. Traditionally fatty meat on the bone was used for making Rogan Josh and it was slow cooked in its own fat, with extra added for an intense flavour. In these days of cholesterol-consciousness, however, we avoid animal fat and use a minimum amount of oil. The dish gets its heat and intensity from the lavish use of body heat-inducing spices such as large black cardamoms and cloves.

In Schritt 1 so wenig Flüssigkeit wie möglich nehmen. 2 cups=500 mL sollte genügen. Nach dem Filtrieren der Kochflüssigkeit vollständig abkühlen, um das Fett zu entfernen.

In Schritt 4 sollen 4 cups Wasser zugefügt werden, Das ist viel zu viel. Ich habe 2 cups der Kochflüssigkeit hinzugefügt, und das Curry war danach immer noch zu suppig.

Nov 2024: Statt Zimtblättern habe ich Curry-Blätter hinzugefügt.

Zutaten Serves 4

700 g stewing lamb or chops
250 g lamb bones for adding flavour
4 cloves garlic, chopped
2 ½ teaspoons chilli powder (preferably Kashmiri) or 2 teaspoons chilli powder and 1 teaspoon paprika
½ cup full-fat yoghurt
250 g shallots, chopped
cup ghee or oil

4 cloves
2 large black cardamoms
4 green cardamoms
2 cinnamon or bay leaves
1 blade of mace
1 teaspoon coriander powder
1 teaspoon fennel powder
1 teaspoon ginger powder
¼ teaspoon turmeric powder
salt to taste

Rezept:

1. Boil the lamb and bones with the garlic and ½ teaspoon salt in 6 cups water in a cooking pot for 20 minutes. Remove from the heat. Remove the meat and set aside. Skim off the scum and strain and reserve the cooking liquor.
2. Make a paste of chilli powder and/or paprika by mixing with a little water. Whisk the yoghurt and set aside.
3. Fry the shallots in the ghee or oil in a pot until lightly browned (this will take about 12 minutes). Add cloves, cardamoms, cinnamon or bay leaves and the mace and fry for 1 minute. Then add the coriander, fennel, ginger and turmeric powders, and the chilli paste and 2 tablespoons water and stir continuously. After 2 minutes add the meat. Saute for about 5 minutes. Lower the heat and add the yoghurt, stir well and sauté for a few minutes.

4. Add salt to taste, together with 4 cups of water. Cook until the meat is tender. Before serving, remove the cinnamon and bay leaves, the large cardamoms and mace if intact.