
Typ: Fleisch

Quelle: Camelia Panjabi: 50 Great Curry of In

Bemerkungen: This is a curry made with long kebabs of minced lamb. It is a recipe from a leading Kashmiri family, the Dhars. They call it a kofta curry and say that long kebabs absorb the flavour of the curry more evenly than the round ones. The koftas are very tender and the gravy thin but full of flavour.

The spices used are traditional in Kashmiri cooking — dried ginger (because fresh ginger was not available in Kashmir in the old days), fennel powder, large black cardamom and, of course, Kashmiri chilli powder.

This dish can be eaten with rice and/or roti.

Zutaten: Serves 6-7

For the kebabs

900 g very finely minced lamb
3 teaspoons fennel powder
1½ teaspoons ginger powder
1½ teaspoons red chilli powder
6 large black cardamoms
1 tablespoon oil
salt
1 egg

For the gravy

5 tablespoons full-fat yoghurt
6 tablespoons oil
8 cloves
5-cm cinnamon stick
4 small tomatoes, chopped
1 tablespoon tomato paste
2 tablespoons red chilli powder
1 teaspoon ginger powder
salt

Rezept:

1. To make the kebabs, mince or process the lamb once more until it is very fine.
2. Mix the fennel and ginger powders. Remove the seeds from the cardamoms and pound until crushed. Mix all the spices with the minced lamb in a bowl. Add the oil, salt to taste and the egg and mix well.
3. Keep a bowl of warm water handy to dip your hands into when making the kebabs. Take a handful of the minced meat, about the size of a lime, and roll it to a 3-inch (7.5-cm) sausage. Place on a flat dish or tray. You will get about 30 kebabs which, when cooked, will shrink to a 2-in (5-cm) length.
4. To make the gravy, whisk the yoghurt and set aside.
5. Take a cooking pot with a diameter of at least 10-12 in (25-30cm) — it can be a shallow one — into which the kebabs will fit without breaking. Heat the oil in

the pot over a low heat. Add the cloves and cinnamon first, then after a minute or so add the tomatoes. Fry until the liquid from the tomatoes has almost evaporated. Stir in the tomato paste.

6. Add the chilli powder and fry for a minute, then put in the yoghurt. Stir continuously to prevent the yoghurt from curdling. Add the fennel and ginger powders, season and cook for 5 minutes, stirring all the time.

7. Add 5 cups (3 Tassen sind genug! WG) hot water and bring to the boil. Very gently lay in the kebabs one at a time. Leave to cook for about 20 minutes over a low heat. A lot of the water will be absorbed by the kebabs. Do not stir once the kebabs are put into the pot. If the gravy needs to be stirred, hold both sides of the pot and rock it gently.

8. Taste and add more salt if necessary, mixing it first with water and pouring it into the pan in various places. You will know when the dish is totally ready as oil will rise to the top of the gravy.

If the kebab curry is to be reheated before serving, remove from the heat just as the oil begins to rise to the surface and set aside. Then reheat gently for 5-7 minutes, before serving.

If the mince is fatty and the curry oily, add 2 eggs instead of 1, and when the kebabs are made up, steam them for 10 minutes, allowing the fat to drip off before putting the kebabs into the pot.