

Mum's, Pressure cooked Lamb Shank Rogan josh

Lamb plays a staple part of an Indian diet. This dish reminds me of a typical Indian summer, afternoon .The sharp whistling of the pressure cooker would mark the arrival of delicious morsels of mutton falling off the bone, draped in rich tomato gravy. Mum would deftly distribute the choice cuts to the kids, while settling herself with a few lesser interesting bits...

Prep time...40 minutes

Cooking time...(20 mins in the pressure cooker)

6 Hours(Oven time)

Ingredients...

300Gms Natural Greek yoghurt
1 sprig Mint (Chopped)
3 gms Turmeric powder
1 gm Chilli powder
2gms Ground Coriander
1 gm Ground Ginger
2 Liters Lamb stock
4 whole Cardamom pods
6 ripe Plum tomatoes (Copped)>
1 liter Water
A pinch Ground nutmeg
5 Gms Ground cumin
2 Large Onions (Copped roughly)
1 bunch Fresh coriander leaves
4 large Lamb shanks trimmed and tied with a twine
1 pinch Saffron strand
25 ml Vegetable oil

Method...

- ~ Place the base of the pressure cooker on top of the stove.
- ~ Whisk, a third of the yoghurt in a bowl, add a pinch of ground cumin and mix the chopped mint .Keep refrigerated.
- ~ Dust the Lamb shanks with Chilli powder, ground coriander, ginger and cumin.
- ~ Pour the vegetable oil in the pressure cooker
- ~ Place the Lamb shanks in the cooker and brown them carefully without splashing any hot oil.
- ~ Transfer the Shanks to a plate and keep aside.
- ~ Brown the onion, add the copped tomatoes and soften them. Add the spices, saffron strands and yoghurt to the sauce and top it up with the lamb stock and water.
- ~ Return the Lamb shanks to the cooker, cover with the lid and cook for 20 minutes, so that the lamb falls off the bone.

To serve...

Place a generous amount of the Bombay crushed potatoes in the centre of the plate. Spoon the Tender Lamb shank on top of the potatoes and ladle a generous spoonful of sauce around. Serve hot with some soothing mint yoghurt.

Sanjay says... Also referred to as Autoclaves and retorts, Pressure cookers have been an integral part of kitchens for centuries apart. Often an essential part of an Asian bride's dowry, they serve a great purpose in conserving energy, saving on cooking times and retaining the nutrients of the food. Substituting the lamb shanks with diced beef /lamb/root vegetables make excellent winter warming stews in minutes.

More visual quick recipes can be accessed, at www.sanjayskitchen.co.uk