

Lamb Vindaloo

Contents

1/4 leg of lamb
2 pounds shallots peeled and chopped
6 cloves garlic minced
10 jalapeno peppers chopped
10 green or red Serrano peppers chopped
1 habanero pepper chopped
2.5 pints water
1 can coconut milk
2 T. ground cinnamon
15 cloves
4 T. coriander seeds
1 T. black pepper
1/2 T. cumin seeds
6 pinches cardamom seeds
1 large tomato chopped
1 red onion chopped
2 T. mustard seeds
1 T. ground ginger
1.5 T. salt
4 T. white vinegar
1 T. turmeric
1 T. fennel seeds

Spice Mix

1. Place the 6 pinches cardamom seeds in a dry skillet and roast stirring 1-2 minutes until fragrant. Grind in spice grinder.

2. 6 T. oil in large skillet or wok. Cook together then set aside.

10 jalapeno peppers chopped
10 green or red Serrano peppers chopped
1 habanero pepper chopped
2 T. ground cinnamon
15 cloves
4 T. coriander seeds
1 T. black pepper
1/2 T. cumin seeds
1 T. fennel seeds
Ground Cardamom

Onion Mix

3. 3 T. oil in large skillet or wok. Cook together then set aside.

1.75 pounds of shallots

1 large tomato chopped

1 red onion chopped

6 cloves garlic minced

1 T. mustard seeds

1 T. ground ginger

Lamb Mix

4. 3 T. oil in large skillet or wok. Cook together then set aside.

Lamb cook 5 minutes.

Add Onion and Spice mix and stir.

You can stop here and finish this tomorrow or continue.

Finishing

5. Combine the Lamb in a large heavy pot with the following:

2.5 pints water

4 T. white vinegar

1.5 T. salt

1 T. turmeric

Simmer 1 hour 15 minutes.

6. 1 T. oil in wok or fry pan cook until clear

1/4 pound shallots

1 T. mustard seed

7. Add coconut milk to shallot mixture. Cook five minutes. Add to Lamb before serving.