



Indian Lamb Curry (Rogan Josh)

The rich, aromatic sauce of this Indian Lamb Curry (Rogan Josh) is a true crowd-pleaser. Its depth of flavor comes from the blend of traditional Indian spices, creating a perfect balance of heat, warmth, and richness that coats each tender piece of lamb.

Ingredients:

- 1.5 lbs lamb, cut into chunks
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1-inch ginger, grated
- 2 tablespoons ghee (clarified butter)
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon turmeric powder
- 1 teaspoon garam masala
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/2 teaspoon chili powder
- 1/2 cup tomato puree
- 1 cup plain yogurt
- 1 cup beef or lamb broth
- Salt to taste
- Fresh cilantro, chopped (for garnish)

Directions:

In a large skillet, heat ghee over medium heat. Add the chopped onions and sauté for 5-7 minutes until soft and translucent.

Add the garlic and grated ginger, cooking for another minute until fragrant.

Stir in the cumin, coriander, turmeric, garam masala, cinnamon, cloves, and chili powder.

Cook for 1-2 minutes until the spices become fragrant.

Add the lamb chunks to the skillet and sear them on all sides until browned, about 8-10 minutes.

Pour in the tomato puree, yogurt, and broth, stirring well to combine all the ingredients.

Season with salt and bring the mixture to a simmer.

Transfer everything to a slow cooker and cook on low for 6-8 hours or until the lamb is tender and the flavors have melded together.

Garnish with fresh cilantro before serving.

Prep Time: 15 minutes

Cooking Time: 6-8 hours (in slow cooker)

Total Time: 6-8 hours

Kcal: 390 kcal (per serving)

Servings: 4 servings