



Instant Pot Lamb Vindaloo

Ingredients:

- 2 lbs lamb stew meat, cut into chunks
- 2 tbsp vegetable oil
- 2 onions, finely chopped
- 4 cloves garlic, minced
- 1-inch piece ginger, grated
- 2 tbsp white vinegar
- 1 can (14 oz) diced tomatoes
- 1 tbsp tomato paste
- 2 tbsp curry powder

1 tbsp paprika
1 tbsp ground turmeric
1 tsp ground cumin
1 tsp ground coriander
1 tsp cinnamon
1/2 tsp ground cloves
2 dried red chilies (optional, for extra heat)
1 tsp garam masala
1 tsp ground black pepper
1 cup beef or vegetable broth
Salt to taste
Fresh cilantro, chopped (for garnish)

Instructions:

Sauté the Aromatics:

Turn your Instant Pot to the sauté setting. Add the vegetable oil and let it heat up.
Add the chopped onions and sauté for about 3-4 minutes, until softened and golden.
Add the garlic and grated ginger and sauté for another 1 minute until fragrant.

Add the Spices:

Stir in the curry powder, paprika, turmeric, cumin, coriander, cinnamon, cloves, and red chilies (if using). Cook for about 1-2 minutes until the spices release their aroma.

Add the Lamb:

Add the lamb chunks to the Instant Pot and brown them on all sides for about 5-6 minutes.

Deglaze:

Pour in the white vinegar and use a wooden spoon to scrape up any browned bits from the bottom of the pot.

Add Tomatoes and Broth:

Stir in the diced tomatoes, tomato paste, garam masala, black pepper, and broth. Mix well, ensuring the lamb is fully submerged in the liquid.

Pressure Cook:

Close the lid of the Instant Pot, set the valve to sealing, and pressure cook on high for 35 minutes.

Once done, allow the pressure to release naturally for about 10 minutes, then do a quick release to release any remaining pressure.

Final Adjustments:

Open the lid, and stir the curry. Taste and adjust the salt if necessary.

Serve:

Serve your Lamb Vindaloo over basmati rice, and garnish with fresh cilantro.