

# From the kitchen of Champa Boodan

## Lamb Curry

# Not Just Rice & Peas

Celebrating Windrush in Devon



Serves 6

Prep time: 2 hours    Cooking time: 1 hour 30 minutes    Total time: 3 hours 30 minutes

3lbs lamb meat  
3 tablespoons canola oil  
4-5 curry leaves  
½ yellow onion, sliced  
5-6 cloves  
1 small cinnamon stick  
Salt to taste (start with 1½ teaspoons)  
Boiling water on reserve in kettle  
2 medium potatoes, peeled and quartered

**Pre-season for meat:**  
2 tablespoons quick version green seasoning  
½ teaspoon garam masala  
½ teaspoon geera (roasted cumin)  
1 teaspoon Madras curry powder

**For the curry paste:**  
2 tablespoons quick version green seasoning  
2 tablespoons garam masala  
2½ tablespoons Madras curry powder  
1 heaped teaspoon tomato paste  
3 tablespoons water to mix (more if needed)

- 1 Wash and clean the meat, then chop into 3 inch chunks. See note below on washing.
- 2 Season meat with pre-seasoning, leave to marinate overnight or for a few hours.
- 3 Prepare ingredients. Make the curry paste, set aside. Gather the remaining ingredients and set them aside too.
- 4 Heat 3 tablespoons of oil in a karahi or heavy-bottom pot. Add curry leaves and fry until fragrant and brown then add the curry paste mixture. Saute the mixture until medium brown then add the meat, tossing the meat with the curry paste mixture to coat. Add sliced onion, cloves, the cinnamon stick and salt. Bounjal\* the meat. Let the meat cook in its own liquid until it has evaporated and curry paste has seared onto meat, about 20-25 minutes.
- 5 Pour boiling water over the meat, enough to cover it. Let it boil until tender, adding a little water at a time throughout the process until the meat is tender, about 45 minutes or more.
- 6 Add the potatoes once the meat is almost tender. Once the potato is cooked, remove the curry from the heat. Adjust salt to taste.

### Notes

The way I learned to clean goat and lamb meat is with a couple of handfuls of flour, 1 teaspoon of salt, juice of 1 lime, and enough water for the meat to soak. Mix the meat with these ingredients and let it sit for 30-45 minutes, then rinse it off piece by piece. Use a knife to pull off any fibrous strands then rinse again and pat dry. This method of “cleaning” the meat is a way to remove any slime, rank smell, or off taste that the meat might have.

\* Bounjal is a method of currying meat in Guyana, prepared on a charcoal grill with wet wood to produce smoke. The blend of the ingredients with the meat and smoke makes this meal different, and very tasty. The smoky blend will be missing if prepared in the kitchen, but the curry will still stand out.

