

Lamb Biryani Filling

ingredients

350g lamb leg steaks (trimmed weight; buy about 400g)

1 × 15ml spoon groundnut oil

4 × 15ml spoons [Curry Base](#)

1 × 5ml spoon ground cumin

1 × 5ml spoon ground coriander

1 × 5ml spoon paprika

½ a 2.5ml spoon *hot* chilli powder

[Curry Stock](#) or water

2 pinches [Aromatic Masala](#)

salt

method

1. You will need to buy about 400g of good quality lamb leg steaks to end up with the 350g after being trimmed.
2. Trim the lamb of all fat and tissue and cut into fairly large chunks. You are aiming to get about 22 pieces although 1 or 2 more or less is not a problem.
3. Heat the oil in a 20cm heavy bottomed pan over a medium-high heat.
4. Add the pieces of lamb and stir round until all the pieces are coated in oil.
5. Stir-fry the lamb until it has changed colour but has not yet started to brown. Add the Curry Base and carry on stir-frying. Keep going until most of the liquid has gone and the sauce is bubbling violently.
6. Reduce the heat down to low and add the ground cumin, ground coriander, paprika and chilli powder. Stir fry for 30 seconds or so.
7. Add 60ml Curry Stock or water and stir round to incorporate the liquid into the sauce. Add the Aromatic Masala and a little salt and simmer gently, stirring from time to time, for about 1 hour. Add a little more liquid if the sauce starts to get too dry.
8. After 1 hour and if you have used prime lamb it should now be *just* tender. If the lamb is still too tough then add a little more water and cook until tender. Depending on the quality of the lamb you may have to cook the meat for up to 30 more minutes.
9. By the end of the cooking the lamb should have a thick, spicy coating and there should be very little liquid left.
10. You can use the lamb straight away to construct the biryani or you can cool the lamb down to room temperature and refrigerate it until needed.

the Curry House

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