



## "JUGGLING TWO HATS"

### Massaman Lamb Curry – The Farmer and the Cook – April, 2019

#### Ingredients – Plenty for Six

2kg of lamb. I used a boned out shoulder and cut it into larger chunks as I didn't want it to break down too much.

You can also use beef cheeks which are amazing in this dish. 6 decent sized cheeks are ample

50 ml of Olive Oil

A half cup to one cup of flour seasoned with salt and pepper placed into a plastic oven bag to coat the meat

One medium onion chopped into smaller wedges

4 garlic cloves finely chopped

Half to three quarters of a jar of Massaman Curry Paste (I use the Volcom brand)

1 can of coconut milk

2 cups of beef stock

2 Tbs tamarind paste

Good splash of fish sauce

Chopped peeled vegetables: sweet potato, carrot and potato. I add in frozen peas for the last half hour of cooking

#### Method

1. Preheat the oven to 170 degrees C. Spray a large casserole pot with olive spray and heat all of the oil while you coat the meat with the seasoned flour. Cook the meat in two batches removing the pieces once they have browned on both sides.
2. Add in the onion and garlic and stir until fragrant. Add the paste and cook for a minute or two.
3. Place the meat back in the pot and coat it with the curry paste, onion and garlic mixture. Pour in the beef stock, coconut milk and bring to the boil. Add in the tamarind paste and fish sauce and place the lid on.
4. Cook in the oven for 4 hrs stirring it after about 2 hours. I put the vegetables in at this point too and another splash of fish sauce.
5. Serve with rice, lime pickle, greek yogurt and roti!