

# Braised Leg of lamb Recipe

## Ingredients

Whole leg of lamb boneless 7 to 8 Lb.

## For Roasted curry seasoning powder

1. 2 tbsp toasted coriander powder
2. 2 tbsp toasted Spanish paprika
3. 2 tsp of toasted whole cumin seeds
4. 1 tsp of toasted whole black cumin seeds
5. 1 tsp of toasted fennel seeds
6. 1 tbsp of toasted raw white rice
7. 1 tbsp of toasted desiccated coconut

## Whole roasted seasonings

1. 5 roasted dry chilies
2. 5 roasted curry leaves
3. Roasted Fenugreek seeds

## Unroasted Seasonings

1. 3 cloves of garlic (chopped fine)
2. Handful of curry leaves (Sliced)
3. 1 inch of ginger (minced)
4. 3-inch piece of cinnamon
5. 5 pods of cardamom
6. 5 cloves
7. One whole red Onion
8. One Indian Bay leaf
9. 3 tablespoons of Ghee
10. 2 tablespoon of date vinegar (or one pitted date and red wine vinegar)
11. 2 tsp of tamarind
12. 1 teaspoon Lime zest or lime chili pickle
13. 2 tablespoons of Salt
14. 2 teaspoons of crushed black pepper

## Preparation

- Make roasted curry seasoning by toasting all the seasoning under this section and grinding them together. Add the seasoning powder to meat, with salt and black pepper. Let the lamb marinate for 3 hours to overnight.
- Toast whole seasonings under that section and set them aside.
- Caramelize the onion in ghee with Indian bay leaf and cinnamon in a stainless-steel skillet. Remove from the pan. Sear the lamb pieces in the same pan you fried onions.
- Deglaze the pan with a cup of water and set aside.
- Pack the meat in to clay Dutch oven alternatively with caramelized onions, roasted whole spices and unroasted seasonings. Top with some caramelized onions and unroasted curry leaves. Add Indian Bay leaf as well
- Add the deglazed liquid. If you are using a cast iron Dutch oven add extra cup and half of water. If you are using the clay Dutch oven. Do not use any extra water. Just soak the clay Dutch oven for 15 minutes prior to adding the meat. Meat is going to cook on its own juices and is going to come out so much flavorful.
- Cover and cook in over at 350 degrees for 3 hours. until meat is fall apart tender. Open the lid and give it a stir after every one hour to distribute seasonings evenly.