



Lamb Back Strap & Indian Turmeric Pilau Rice

Recipe by Trish Davison of Hamlet Downs

 90 minutes

INGREDIENTS

For the rice:

- 4 Lamb Forequarter Chops
- 3 Cups Long Grain Rice
- 500ml Vegetable Stock
- Water
- 6 Cardamom Pods, lightly crushed
- 12 Black Peppercorns
- 6 Bay Leaves
- 1 Teaspoon Brown Mustard Seeds
- 1 Cinnamon Quill, broken into 3 pieces
- 1 Large Onion stuck with 12 Cloves
- 4cm Piece Ginger, sliced
- 6 Garlic Cloves, peeled
- 3/4 Teaspoon Turmeric
- 2 Teaspoons Salt
- 4 Tablespoons Ghee or Oil (Vegetable or Peanut)

DIRECTIONS

For the rice:

1. Place lamb in a large pot, cover with stock and water. Set on the stove and in a dry frypan over low heat, warm cardamom, pepper, cinnamon, bay leaf, and mustard seeds until fragrant.
2. Add spices, garlic, ginger, and clove-pierced onion to the lamb/stock mixture; stir to combine. Simmer on medium to low for about 2 hours until the stock is strong and flavorful.
3. Cool slightly, drain liquid into another pot, remove the lamb, and pull the meat from the bones. Slice the meat and set aside. Measure 4 cups of stock.
4. In a rice cooker, add the 3 cups of rice and wash 2-3 times to remove excess starch. Drain starchy water and add the 4 cups of stock. Add ghee or oil. Taste and add salt if needed. Add the sliced meat to the rice, stir, and cook according to your rice cooker instructions.



Sundays

with Lucie Cutting

on 936AM and the ABC listen app





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INGREDIENTS

For the lamb curry:

- 1 Onion, finely diced
- 1 Over-ripe Tomato, diced
- 6 Lamb Leg Steaks or 1 Lamb Backstrap or 2 Lamb Shanks
- 1 Teaspoon minced Ginger
- 2 Teaspoons minced Garlic
- 2 Tablespoons Oil
- 2 Tablespoons Ghee
- 2 Tablespoons Coriander Powder
- 2 Tablespoons Garam Masala
- 1 Tablespoon Cumin Powder
- 1/2 Teaspoon Fennel Seeds
- 3/4 Teaspoon Turmeric
- 2 Tablespoons Paprika
- 2 Tablespoons Curry Powder
- Salt
- Pepper
- Water

DIRECTIONS (PART 2)

For the curry:

1. In a heavy-based, oven-safe deep frying pan, fry the onions, garlic, and ginger in the oil and ghee. Lower the heat, add turmeric, paprika, curry powder, and other spices. Add a splash of water to prevent spices from burning or catching at the bottom.
2. Fry until fragrant and the onion, garlic, and ginger have softened (but not browned). Add the tomato and continue to fry until the base resembles a curry base.
3. Add the lamb steaks, sliced backstrap, or shanks, whichever cut you are using to the curry mixture and stir to combine. Add salt, pepper, and enough water to cover the meat, but not swimming in liquid.
4. Cook in the oven, covered on 180degrees until soft and tender. To serve, mound spiced lamb rice and top with a generous amount of lamb and curry gravy. Sprinkle with fried crispy shallots and slivered almonds. Serve with a zesty lime salad of cucumber, tomato, and coriander, and mint raita on the side and a Burma In Ya Belly crispy chilli condiment.



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