

Recipes



Curried Lamb

Serves 6-8

Ingredients:

- 2 lbs. lamb cut into 1 inch cubes
- 2 tbsp cooking oil
- 1 cup chopped peeled apple
- 1 cup chopped onion
- 2-3 tbsp curry powder
- 2.5 cups water
- 2 tsp instant chick bouillon (or acceptable substitute)
- 1/2 tsp salt
- 1/2 tsp paprika
- 1/2 tsp oregano
- 1/2 cup cold water
- 1/4 cup all purpose flour
- hot cooked rice

Preparation:

In large sauce pan brown meat half at a time, in hot oil. Remove meat and set aside. In the pan drippings cook chopped apple, onion and curry powder 'til onion is tender but not brown. Add browned meat, 2.5 cups water, chicken bouillon, salt, paprika, oregano and pepper. Cover and simmer about 1 hour or until meat is tender. In separate bowl, blend 1/2 cup cold water into flour, stir into meat mixture. Stir and cook 'til thick and bubbly.

Cook and stir 1-2 minutes more, season to taste. Serve over rice.

Optional garnish: chutney, sliced green onions, raisins, shaved coconut, chopped peanuts, sliced cucumber, or crumbled bacon.