

Lamb Curry

Traditional South Indian lamb curry combines a number of aromatic spices to create layers of flavor without overwhelming the lamb. This recipe is a simpler version of the dish, using garam masala - a blend of several Indian spices - to simulate the flavors. Marinating your lamb is the secret to this dish, so let it sit for at least 30 minutes. Serve with steamed jasmine rice or naan.

Ingredients:

- 1½ pounds boneless lamb trimmed of fat and cut into 1" cubes
- Kosher salt
- Freshly ground black pepper
- 1 - 1" pieces of fresh ginger, peeled and grated
- 4 garlic cloves, minced
- ⅓ cup plain [yogurt](#)
- 1 T. butter
- 1 small onion, diced
- 2 ½ teaspoons garam masala
- ½ teaspoon turmeric
- 1 (14.5 oz) can diced tomatoes with juice
- Fresh cilantro leaves, for garnish



Directions:

1. Season the lamb with salt and pepper.
2. In a large bowl, combine the lamb, ginger, garlic, and yogurt.
3. Let marinate for at least 30 minutes or up to 8 hours in the refrigerator.
4. Add the lamb and all of its liquid, along with the butter, onion, garam masala, turmeric, and tomatoes with juice to the Instant Pot.
5. Season with salt and pepper, and stir.

6. Secure the lid.
7. Select Pressure Cook and cook on high pressure for 20 minutes.
8. Once cooking is complete, use a natural release.
9. If a thicker sauce is desired, select saute and cook on high heat until the sauce has thickened.
10. Top with fresh cilantro, if desired, and serve.

To quote my husband when I asked him if he could identify any of the spices, he replied, "It was really long on goodness!"

NOTE: We opted to bypass that rice or naan to reduce the carbs and ate it like a stew with a Thai carrot salad on the side (recipe below).

Bombay Carrot Slaw with Cashews

Bombay Carrot Salad with cashews and raisins, tossed in a fragrant Indian Curry dressing. Healthy and vegan, this recipe is so EASY to make and can be made-ahead.

Directions and Ingredients:

Mix the following ingredients into a bowl; chill until ready to use.

- 3 carrots, shredded
- 1 tablespoon lime or orange zest
- 1 garlic clove, finely minced
- 1 teaspoon fresh ginger, finely minced
- $\frac{1}{3}$ cup raisins or currants
- $\frac{1}{2}$ cup toasted cashews (I used roasted salted peanuts)
- 3 scallions
- $\frac{1}{2}$ cup cilantro or Italian parsley, chopped
- $\frac{1}{4}$ cup olive oil
- 3 tablespoon fresh lime juice
- 2 tablespoons honey or agave or alternative sweetener
- $\frac{1}{2}$ teaspoon salt
- pepper to taste
- $\frac{1}{2}$ teaspoon ground turmeric (or use 1–2 teaspoons fresh grated)
- 1 teaspoon curry powder
- $\frac{1}{4}$ teaspoon cayenne, optional

