

# Lamb Korma Recipe #124155

A wonderfully tender lamb dish adapted from "A Taste of Asia" cookbook. A great curry that has become a favourite in our household. Korma's are not "saucy" curries. Prep time doesn't include 1 hour marinating.

by Fairy Nuff

1 day | 20 min prep

SERVES 4 -6 , 4 -6 serves

- 1 kg boneless lamb, cut into 3cm cubes
- 1 medium onion, chopped
- 2 teaspoons fresh ginger, grated
- 3 garlic cloves, roughly chopped
- 1 tablespoon coriander seed
- 2 teaspoons ground cumin
- 1 teaspoon cardamom pod
- 1/2 teaspoon salt
- 1 teaspoon chili flakes, depending on taste (less (or more))
- 2 tablespoons ghee
- 1 medium onion, extra, sliced
- 2 tablespoons tomato paste
- 1/2 cup yoghurt

1. Put the onion, ginger, garlic, coriander seeds, cumin, cardamom, salt and chili flakes into a food processor and process until a smooth paste forms (or use a mortar and pestle).
2. Add the spice mix to the lamb and stir well to coat. Set aside for 1 hour.
3. Heat ghee in a large pan or wok. Add the extra onions and cook, stirring over moderate heat until the onions soften.
4. Add the lamb and cook for 8 to 10 minutes, stirring constantly, until the lamb cubes are browned all over.
5. Add the tomato paste and 2 tablespoons of the yoghurt and stir until combined.
6. Simmer uncovered until the liquid is absorbed.
7. Add the remaining yoghurt, 2 tablespoons at a time, stirring between each addition until the liquid is absorbed.
8. Cover the pan and simmer over a low heat for 30 minutes, stirring occasionally.

## Nutrition Facts

Serving Size 1 (357g)

Recipe makes 4 servings

The following items or measurements are not included below:

1 teaspoon cardamom pods

**Calories 785**

Calories from Fat 558 (71%)

Amount Per Serving	% DV
Total Fat 62.0g	95%
Saturated Fat 28.4g	141%
Monounsaturated Fat 24.6g	
Polyunsaturated Fat 4.7g	
Trans Fat 0.0g	
<b>Cholesterol 200mg</b>	<b>66%</b>
<b>Sodium 524mg</b>	<b>21%</b>
<b>Potassium 843mg</b>	<b>24%</b>
<b>Total Carbohydrate 10.9g</b>	<b>3%</b>
Dietary Fiber 2.0g	8%
Sugars 4.9g	
<b>Protein 44.7g</b>	<b>89%</b>
Vitamin A 556mcg	11%
Vitamin B6 0.5mg	24%
Vitamin B12 6.1mcg	101%
Vitamin C 6mg	11%
Vitamin E 1mcg	4%
Calcium 107mg	10%
Iron 5mg	29%

[detailed view...](#)

[how is this calculated?](#)

9. Serve with rice, raitas and relishes.

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**Recipe Notes & Rating:**  5 stars  4 stars  3 stars  2 stars  1 star