

Mild Indian Goat Curry

This authentic recipe is not overpoweringly strong, but has a deep rich colour, superb flavour and is really simple to make.
It freezes well so make enough to enjoy another day.
Thaw slowly before reheating.

INGREDIENTS

2 rounded tablespoons ground coriander
1 rounded teaspoon ground cumin
1 level teaspoon ground turmeric
1 level tablespoon garam masala
2 fat cloves garlic, crushed
1 piece finely chopped fresh root ginger (about the size of a walnut)
Salt
3 tablespoons oil
2 large onions, chopped
395g can tomatoes
1 good tablespoon mango chutney
1 good tablespoon tomato puree
500g diced goat meat
150ml water

METHOD

1. Mix all the spices together then add the garlic, ginger and salt.
2. Measure the oil into a large pan, add the onions and fry until golden brown.
3. Add all the spice mixture, tomatoes, puree, mango chutney and cook without a lid, stirring until the oil starts to come through slightly.
4. Add the meat, cover and bring to the boil.
5. Transfer to a casserole dish or slow cooker and cook on a medium heat for 4 hours.

Serve with tatties or rice.