

Nepalese Goat Curry

Ingredients

1 ½ lbs goat stewing meat

3 tbsp. oil

2 large onions

4 garlic cloves

6 dried red chillies

2 tsp ground cumin

1 tsp ground cinnamon

3 tsp ground coriander

1 tsp salt

¼ pint natural yogurt

¼ pint water

Method

1. Liquidise the onions, garlic and chillies with a little water.
2. Heat oil, add pureed onion etc., fry for 5 mins stirring occasionally
3. Add the cumin, cinnamon and coriander, lower heat, fry for 5 mins, stirring continuously
4. Add cubed goat and brown on all sides.
5. Stir in salt, water and then the yogurt.
6. Cover with lid and cook gently or transfer into the oven for 2 hours on a low to medium heat.