

Orlebar Goat Curry

Ingredients

2 ½ lbs meat, cooked for 1 hour in water without salt

A - 1 large or 2 small chopped onions

B - 3-4 chopped garlic cloves

C - 1" cube of fresh ginger, chopped
6 tbsp. oil

E - 1 tsp turmeric

F - 2 tsp coriander

G - 1 ½ tsp cumin

H - 1 ¼ tsp chilli powder

1 14 oz. tin tomatoes

1 ¼ tsp salt

6 fl.oz water or stock

4-6 green chillies (opt)

1 tsp garam masala (opt)

2 tbsps. coriander leaves (opt)

Method

1. Liquidise ABC with a little water.
2. Heat oil, add pureed onion etc., fry for 5 mins, stirring occasionally
3. Add EFGH, lower heat, fry for 5 mins, stirring continuously
4. Add half tin of tomatoes, cook 3 mins, stirring
5. Add meat, rest of tomatoes and juice
6. Add salt and water (which meat was cooked in), bring to simmer, cover with a lid, cook for half an hour stirring occasionally.