



## What's for Dinner?

Mastered Bhutanese cooking now try the new delicious recipes from my favourite Thai dishes, as well as all the old specials.

"Wish we'd hacked her phone..." News International

"... great nosh!" The Sport

"Puts the chillie in the F word..." The Independent

Second Edition  
Key Press 2011



## What's for Dinner? (II)

Nanuka Devi

# Cheese Momo

Serves 6



Cabbage	0.2	kg
Cheese	0.25	kg
Flour	0.5	kg
Garlic	3	cloves
Ginger	1	cm
Large Onions	1	nos
Salt		to taste
Vegetable Oil	1	tsp
Water		to mix

# Tom Yum Gung

Serves 6



Chilli	5	nos
Fish sauce & fresh milk	6	tbs
Galanga	2	nos
Green papper	1	nos
Kaffir lime leaves	3	nos
lemon grass	5	leaves
Lime	1	nos
Mushroom	2	nos
Salt	1	tsp
Shrimp paste	1	tsp
Shrimps	0.5	kg
Tamarind paste	0.5	tsp
Tomatoes	2	nos

Make a rubbery dough with the water, flour and a pinch of salt (similar to roti). Blend coarsely the ingredients (cheese, cabbage, onion, garlic and ginger) in a food mixer. Add salt to taste. Fresh coriander (optional)  
Make small balls from the dough about 1.5cm diameter. Roll out the dough balls (around 7cm diameter). Add cheese filling to fit and seal the top by folding the dough and twisting. It shouldn't have any holes.  
Grease the steamer and put the momo spaced by 1cm all round to avoid sticking together. Steam for 15-20 mins (when you touch them they do not stick to your fingers).

Serve with Momo Achar, Thai Sweet chilli sauce and enjoy.

Boiled 4 cups of water with salt, lemon grass and galangals for 10 minutes. Then put mushroom, shrimps, fish sauce, tamarind paste, green pepper (it's depending on your favour), fresh milk, chilli, shrimp paste, limes and Kaffir lime leaves and cook until done (shrimp wont take that long). Garnish with fresh coriander leaves.

Alternatively you can put chicken instead of shrimp.

After that serve with rice.

## Momo Achar

Serves 6



Cumin seed	1	tbs
Fresh red chillies, ground	5	nos
Garlic, ground	1	tbs
Ginger, ground	1	tbs
Lime juice	2	tbs
Ripe tomatoes	2	nos
Salt	0.5	grams
Sesame seeds	1	cup

Roast tomatoes in oven for about 30 minutes, or until charred. Remove charred skin and reserve flesh in a bowl. In a pan, add sesame seeds, cumin and stir continuously until seeds pop and are toasted. Grind the toasted seeds into a powder. In a blender, combine roasted tomatoes, ground mixture of sesame seeds, chillies, garlic, ginger and juice, and salt and process to form smooth mixture. Add some water if the achar mixture is too thick.

Transfer into a bowl. Serve with steaming momo.

## Meat in Spicy Coconut Cream

Serves 6



Basil leaves	5	nos
Chicken Breasts	1	kg
Chilli powder	1	tsp
Coconut milk	1	can
Fish sauce	2	tbs
Ginger	1	thumb
Ground coriander	0.5	tsp
Lime juice	1	squeeze
Lime leaves	2	nos
Onion	1	nos
Pepper	1	nos
Soy sauce	1	tbs
Tomatoes	3	nos
Turmeric powder	0.5	tsp

To make the curry sauce, blend all sauce ingredients in a food processor then pour sauce into a cassarole dish. If you'd like more sauce, add up to 1/2 cup good-tasting chicken stock and stir together. Now add the chicken pieces along with the lime leaves or bay leaves. Mix well.

Cover and bake at 375 degrees for 45 minutes.

Remove from oven and add the tomatoes and peppers. Stir well, then return to oven to bake another 15-20 minutes, or until both chicken and vegetables are cooked.

Sprinkle with fresh basil leaves and serve with plenty of Thai jasmine rice (white or whole-grain).

# Pokora

Serves 10



Carrot	0.5	kg
Curry powder	1	tsp
Eggs	1	nos
Flour	0.2	kg
Onions	0.5	kg
Salt		to taste
Water		To mix

# Chicken with Cashew Nuts

Serves 4



Cashewnut	1	cup
Chicken Breasts	0.5	kg
Dark soy sauce	2	tsp
Garlic	4	cloves
Light soy sauce	2	tsp
Onion	1	nos
Oyster sauce	4	tbs
Spring onions	3	nos
Sugar	1	tsp

Grate the carrots using a cheese grater, chop the onion into little thin pieces and put them in a bowl. Put the flour and curry powder and eggs in the flour along with the carrot and onion and mix it with water. It should be a wet dough. Add salt to taste

Heat the oil in a shallow pan and fry a few scoops of mixture at a time until golden brown.

Serve with Tommy Sauce

Lightly coat chicken with flour and fry in oil until light brown. Drain and set aside. Leave around 2 tbsp of oil in the wok and fry the garlic and the dried chillies. Cook till the garlic is golden. Return the chicken to the wok, add all the sauces and sugar and mix well.

Add in spring onions, onions and cashew nuts. Fry for 1 min.

## Potato Achar

Serves 6



Bara Masala	1	tsp
Chilli powder	1	tsp
Dried red chillies	5	nos
Green chillies	5	nos
Lime juice	3	tbs
Potatoes	1	kg
Potatoes	1	kg
Salt	50	tsp
Toasted sesame seed	0.5	cup
Turmeric powder	1	tsp

Boil potatoes until cooked. Do not overcook. Remove skin and cut into small pieces. In a large bowl, combine chunked potatoes, turmeric, chilli powder, ground sesame seeds, lime juice, salt and water mix thoroughly.

In a small pan heat mustard oil add bara masala and dried red chillies. Fry until brown and then add green chillies. Take the oil mixture from heat and pour over potato mixture and mix thoroughly. Add more water if potato achar seems too dry. Garnish with chopped coriander.

## Laab Gai

Serves 0



Chicken Breasts	0.5	kg
Fish sauce	1.5	tbs
Fresh coriander	3	nos
Garlic	2	cloves
Lime juice	2	tbs
Mint leaves	3	nos
Onion	1	nos
Red chilli paste	1	tsp
Roasted & pounded rice	2	tbs
Spring onion	2	nos

Heat a non stick skillet over medium heat, no oil necessary. Add chicken, stir until cooked through.

Remove from heat, drain excess liquid. Add fish sauce and lime juice. Toss all together with coriander, onion, shallots, mint, cayenne, rice powder, and ground chilli/garlic paste. Adjust seasoning to taste.

Serve immediately over lettuce leaves or thinly sliced cabbage.

# Alu Dam

Serves 6



Bara Masala	2	tsp
Chilli powder	1	tsp
Coriander leaves (fresh)	3	storks
Cumin powder	1	tsp
Garlic	2	cloves
Ginger	1	thumb
Large Onions	1	nos
Potato	1	kg
Salt		to taste
Tomatoes	3	nos
Turmeric powder	0.5	tsp

# Naam Tok

Serves 2



Beef or Pork	0.25	kg
Coriander	3	storks
fish sauce	2	tbs
Lime juice	2	tbs
Mint	3	storks
Onion or shallots	4	nos
Roasted & pounded rice	2	tbs
Spring onion	2	nos

Boil potatoes in their skins for 18 mins then remove skins. Chop it into little squares, also chop the onion garlic and tomatoes into small pieces separately. Put two desert spoon of oil in the pan and fry the whole species (Bara masala) until brown. Add the onion and garlic until brown and then add the tomatoes and fry until they are cooked. Now add turmeric, red chilli powder, cumin power and the chopped potatoes, until all the species are mixed in with the potatoes. Stir in some chopped coriander leaves and squeeze of lemon juice

Serve with Roti or Puri

Put the meat on a BBQ grill or under grill in the oven to cook, but it should remain juicy. Cut in in small pieces and put it in a pot. Add red onions, lime juice, fish sauce, mint leaves, spring onion (chopped), crushed chilli, coriander then heat up and boil for a short moment. Season with little sugar (optional)

Serve as a side dish serve with sticky rice, pieces of green Thai beans, cabbage sheets and a few stacks mint and sweet Thai basil.

# Chicken Chilli

Serves 8



Chicken Breasts	1	kg
Corn flour	100	grams
Eggs	1	nos
Ginger	1	thumb
Green or red pepper	1	nos
Ground pepper	1	pinch
Onions	1	nos
Soy sauce	2	tsp
Tomatoes	3	nos

# Plain Naan

Serves 6



Active dried yeast	2	tsp
Baking powder	1	tsp
Caster sugar	2	tsp
Hot milk	150	ml
Larger egg beaten	1	nos
Natural yoghurt	150	ml
Plain flour	0.5	kg
Salt	0.5	tsp
Vegetable Oil	2	tsp

Cut the chicken breast into strips. Mix the corn flour with eggs, ground pepper and a pinch of salt. Put the chicken strips into the mixture. Heat the oil in the pan and put the chicken, may be three or four pieces at a time, and fry until golden brown.

Cut the onion, ginger, pepper into thin strips. Fry the onion first and then pepper and the ginger. When they are nearly cooked then put the tomatoes in and fry until cooked. Now put the chicken strips and fry and mix it all together with soy sauce. Blend 1 tea spoon of cornflower with cold water and pour it over the simmering chilli chicken till it gets sticky and thick.

Serve with Roti

Pour warm milk into a bowl, with the caster sugar and yeast, stir to mix and set aside for 15-20 minutes or until dissolved and frothy.

Meanwhile, sift flour into a large mixing bowl, mix in the salt and baking powder. Add the yeast mixture, 2 tbs of vegetable oil, yoghurt and the beaten egg. Mix to form a dough ball.

Knead the dough for 10 minutes until smooth. Form into a ball.

Pour a little vegetable oil into large bowl add dough ball and roll around to coat. Cover with oiled cling film & leave for 1 hour or until doubled in size.

Preheat oven to its highest temperature and put in heavy baking tray to heat.

Punch down the dough & knead again briefly. Divide into 6 equal balls, keep covered. Shape each into a tear shapes approx 25cm x 13cm.

# Chicken Curry (Lamb)

Serves 6



Bara Masala	1	tsp
Bara Masala	1	tsp
Chicken (or Lamb)	1	kg
Chilli	1	nos
Coriander leaves (fresh)	3	storks
Cumin powder	1	tsp
Garlic	2	cloves
Ginger	1	thumb
Large Onions	1	nos
Tomatoes	2	nos
Turmeric powder	1	tsp

# Roti

Serves 6



Flour	1	kg
Salt	1	tsp
Water		To mix

To make a good curry chop every thing first separately. So for this curry chop onion, tomatoes, chilli and mash the ginger and garlic together. Chop the chicken into little pieces. If they are little pieces the sauce goes inside the chicken and makes it tasty. Heat the oil in a shallow pan and fry the Bara masala (whole spices) until brown. Add the onion and fry until brown then add the cumin power, turmeric powder and chopped tomatoes and finally add chicken, stir it well then put the lid on and cook for five minutes. Take the lid off and add the ginger and garlic paste and cook for a further five minutes. Freshly chopped coriander to garnish.

Serve with rice.

Mix the flour and salt into a bowl with water to make a breadly dough. Make 5cm diameter balls by rubbing between your two palms and roll them into 5 inch diameter quite thin round shapes. To roll it you need some extra flour so it doesn't stick in the rolling pin and makes it easier to roll.

Dry fry on a griddle or chapatti pan on medium high heat. Put the roti on and wait until you see the change of colour and them start to bubble a bit, which means its ready to turn. Keep turning them and press lightly until golden brown on both sides.



# Pak Sha Paa

Serves 6



Chilli powder	0.5	tsp
Garlic	2	cloves
Ginger	1	thumb
Large Onions	1	nos
Mula (White long radish)	0.5	kg
Pork (or Belly Pork)	1	kg
Red pepper	1	nos
Salt		to taste
Tomatoes	3	nos
Vegetable Oil	1	tsp

# Yellow Daal

Serves 6



Cumin powder	1	tsp
Garlic	2	cloves
Salt		to taste
Small Onion	1	nos
Vegetable Oil	2	tbs
Water		to mix
Yellow Lentils	0.25	kg

Cut the pork into bit size pieces. (5 mm thick rashers 3 cm long 'ish). Heat the oil in a frying pan and add the pork and some salt. Cut the mula into disks and the onion and pepper into strips. Add them to the pork when the meat is golden brown. Continue to fry. Cook until the onion and pepper are soft. Cut the tomatoes into small pieces and add them to the pan. Continue to fry. Crush the ginger and garlic and add. Cook for another 2-3 minutes.

For a variant substitute leek or spinach for the mula (it also tastes great). Leeks can be added with the onion and pepper, or using spinach add it with the tomatoes.

Serve with Rice, Ema Datshi and Daal

Heat oil in a pan and fry cumin seed until brown, once brown add chopped onion, garlic, chopped tomato, pinch of turmeric and salt to taste. Once the mixture has browned add washed split yellow dall, fry for a minute and then add the water. Boil until the lentils are soft and mash them so that they are mixed with the water. Garnish with fresh chopped coriander. Add more water if the dal is too thick.

Serve with Chicken Curry and Roti.

# Contents

Cheese Momo	1
Pork or Beef Momo	2
Momo Achar	3
Singara	4
Pokora	5
Aloo Chop	6
Potato Achar	7
Nepali Chana	8
Alu Dam	9
Ema or Kewa (potato) Datshi	10
Chicken Chilli	11
Chicken Tandoori	12
Chicken Curry (Lamb)	13
Rogan Josh	14
Pak Sha Paa	15
Yellow Daal	16
Raita	17
Roti	18
Puri	19
Plain Naan	20
Som Tam (Spicy Papaya Salad)	21
Naam Tok	22
Thai Noodle Salad	23
Laab Gai	24
Pad Thai (Fried Noodle)	25
Chicken with Cashew Nuts	26
Krapow Gai	27
Meat in Spicy Coconut Cream	28
Thai Green Curry	29
Tom Yum Gung	30

# Thai Green Curry

Serves 4



Chicken Breasts	0.3	kg
Coconut cream	1	can
Coconut milk	1	cup
Fish sauce	3	tbs
Garlic	4	cloves
Ginger	1	thumb
Green chillies	3	nos
Green Curry Paste	3	tbs
Lime leaves, shredded	2	nos
Shallots	2	nos
Sweet basil leaves	0.25	cup

# Pork or Beef Momo

Serves 6



Beef or Pork mince	0.4	kg
Flour	0.5	kg
Ginger	1	cm
Large Onions	1	nos
Salt		to taste
Vegetable Oil	1	tsp
Water		to mix

Blend fresh green chillies, shallots, garlic, root ginger, lemon grass, kaffir lime peel, shrimp paste and salt and ready-made or homemade green curry paste

In a wok, heat coconut cream over a medium heat until boiling. Add green curry paste and stir well over a low heat for about 10-15 minutes or until just glossy.

Add chicken and boil for another 5 minutes.

Add seasoning sauce and coconut milk and bring to a boil. Add baby eggplants and continuing cooking for another few minutes until cooked through.

Add kaffir lime leaves, sweet basil leaves, and fresh green chillies. Remove from the heat. Garnish with sweet basil and fresh green chillies.

Make a rubbery dough with the water, flour and a pinch of salt.(similar to roti).

Blend coarsely the ingredients (meat, cabbage, onion, garlic and ginger) in a food mixer. Add salt to taste. Fresh coriander (optional)

Make small balls from the dough about 1.5cm diameter. Roll out the dough balls (around 7cm diameter). Add meat filling to fit and seal the top by folding the dough and twisting. It shouldn't have any holes.

Grease the steamer and put the momo spaced by 1cm all round to avoid sticking together. Steam for 15-20 mins (when you touch them they do not stick to your fingers). Optionally, deep fry until golden brown.

Serve with Momo Achar, Thai Sweet chilli sauce and enjoy.

# Krapow Gai

Serves 2



Basil leaves	1	bunch
Brown sugar	2	tsp
Fish sauce	1.5	tbs
Fresh red chillies, ground	2	nos
Garlic	4	cloves
Minced chicken	0.25	kg
Onion	1	nos
Soy sauce	0.5	tsp
White pepper powder	2	pinch

# Singara

Serves 6



Bara Masala	1	tsp
Flour	0.3	kg
Garlic	2	cloves
Ginger	1	cm
Large Onions	1	nos
Potato	1	kg
Salt		to taste
Tomatoes	4	nos
Turmeric powder	1	tsp
Vegetable Oil	2	tbs
Water		to mix

Heat a wok or a heavy skillet over medium high heat until very hot. Add the oil, garlic and chillies and stir fry until until the garlic is very fragrant. Add the shallots (or onions) and continue stir frying until the onions have wilted. Add the ground chicken and fry until the chicken is cooked.

Stir in the fish sauce, soy sauce, brown sugar and white pepper. (I'd add the white pepper in gradually - it can easily overpower if you add too much!) Add the basil leaves and toss a couple of time until the leaves are wilted and bright green.

Serve immediately with rice.

Boil potatoes in their skins for 18 mins then remove skins. Chop it into little squares, also chop the onion garlic and tomatoes into small pieces separately. Put two desert spoon of oil in the pan and fry the whole species (Bara masala) until brown. Add the onion and garlic until brown and then add the tomatoes and fry until they are cooked. Now add turmeric and chopped potatoes until all the ingredient are mixed well . You can also at this stage add roasted peanut (optional).

Mix the dough with some water and 2 desert spoon of oil and some salt. Make balls of 3cm in diameter and roll it into long oval shaped, cut the rolled dough into two parts and start filling with cooled potato curry, brush each edge with a little water and press the two dampened edges together to seal the top of the cone.Fry the singara in a deep pan with hot oil until crisp and brown. Take out and drain on a paper towel.

Serve with tomato Sauce or mango chutney.

# Pad Thai (Fried Noodle)

Serves 4



Brown sugar	3	tbs
Chicken Breasts	0.5	kg
Chilli sauce	0.5	tsp
Crushed chilli	1	tsp
Eggs	2	nos
Fish sauce	2	tbs
Fresh bean sprouts	3	cups
Fresh red chilli	3	nos
Garlic	3	cloves
Garlic	4	cloves
Green spring onions	3	nos
Ground white pepper	0.5	tsp
Rice noodle	0.25	kg
Roughly ground peanuts	0.5	cup
Soy sauce	3	tbs
Tamarind paste	0.75	tbs

# Aloo Chop

Serves 4



Coriander powder	1	tsp
Cumin powder	1	tsp
Cumin seed	0.5	tsp
Ginger	1	thumb
green chilli finely chopped	1	nos
Lemon juice	1	tsp
Onion	1	nos
Plain flour	3	tbs
Potato	3	nos
Red chilli powder	0.5	tsp
Salt		to taste
Turmeric powder	0.5	tsp
Turmeric powder	1	tsp

Soak the rice noodles in hot water for 20 minutes until they have softened.  
Beat the eggs with salt and pepper and heat 1 tablespoon of the vegetable oil in a frying pan. Pour in the egg and make a thin omelette - turn it out of the pan and cut into thin strips.  
Heat the remaining 3 tablespoons of vegetable oil and fry the garlic and sliced chicken breast until the chicken is barely tender and the garlic is golden.  
Add the spring onions to the pan and stir fry for another minute. Tip in the drained noodles, peanuts and add the fish sauce, chillies, lemon juice and brown sugar. Stir fry over a high heat for a further minute.  
Toss in the beanspouts, mangetout and omelette strips, and cook briskly for about 30 seconds more. Season to taste and serve piping hot, garnished with coriander.  
Serve with wedges of lime.

Heat 1 tbsp oil in a non stick pan (I prefer mustard oil to get the authentic taste). Add cumin let it brown and splutter, add the grated onion and ginger and chopped green chilli and fry till the raw smell goes off.  
Add the mashed potato and all the spices mentioned in stuffing and the salt. Mix on low flame and finally add the lemon juice and chopped coriander. Keep aside and let it cool.  
Prepare the batter by adding flour, pinch of salt, turmeric powder, red chilli powder and mix well so that no lumps remain.  
Add 1 tsp of hot oil while making the batter and be sure to make the batter a little thick so that it coats the stuffing nicely.  
Heat the oil for deep frying. Divide the potato mixture into equal lemon sized balls and flatten them with your palm.  
Dip each flattened piece in the batter and fry them ( I prefer shallow fry ) till golden brown.

Serve hot with chutney or ketchup.

## Thai Noodle Salad

Serves 4



Celery	1	stick
Chilli	4	nos
Fish sauce	4	tbs
Glass noodle	40	grams
Lime juice	5	tsp
Minced pork	100	grams
Onion	1	nos
Shrimps	10	nos
Sugar	1	tsp

## Nepali Chana

Serves 4



Channed chickpeas	1	can
Chilli powder	0.5	tsp
Chopped tomatoes	0.5	can
Cumin powder	1	tsp
Garam masala	1	tsp
Garlic paste	0.5	tsp
Ginger paste	0.5	tsp
Onions, diced	1	nos
Salt	1	pinch

Soak the glass noodle in the hot water for about 10 minutes or until the glass noodle are soft then drain and cut with scissors into 4'' long strip. Cook the ground pork and shrimp in the hot water until done. Pound the chillies and slice the celery (about 1 inch bits), onion, chillies then mix all with fish sauce, sugar and lime juice in the mixing bowl. Place the shrimp, ground pork and glass noodle and stir in the mixing bowl.

Chicken breast can be used instead of shrimps.

Heat the oil and when slightly hot add onions, tomato and all the spices. Sauté until onions turn light brown. Add chickpeas, water and salt. (Set aside a few chickpeas and mash them to add to the pot to give thicker soup) Simmer it for 15 to 20 minutes to thicken the sauce.

Serve hot with Puris.

## Som Tam (Spicy Papaya Salad)

Serves 6



Brown sugar	2	tsp
Carrot	2	nos
Dried shrimp	25	grams
Fish sauce	4	tbs
Garlic	2	cloves
Green chilli	5	nos
Green papaya	1	nos
Lime juice	2	tbs
Roasted Peanuts	50	grams
Tamarind paste	1	tsp
Tomatoes	4	nos

## Ema or Kewa (potato) Datshi

Serves 6



Butter	1	knob
Edam Cheese	0.2	kg
Garlic	1	cloves
Large Chillies (unseeded)	2	nos
Large Onions	1	nos
Leek	1	nos
Red pepper	1	nos
Salt		to taste
Tomatoes	1	nos
Vegetable Oil	1	tsp
Water	2	tbs

Peel the papaya and shred the green flesh (if you don't have a suitable implement for the purpose a coarse cheese grater may work). Also peel and shred the carrot. Chop the tomato into quarters.

Soften the dried shrimp in a few mls of boiling water.

Pound the garlic and the chilli together in a pestle and mortar.

Separately pound the peanuts together with the shrimp, but only until coarsely broken up, not reduced to dust or paste. Mix the tamarind, juice, lime juice, fish sauce and the sugar. Mix all the ingredients together thoroughly and serve in a bowl.

Instead of Papaya, you can use sweet, carrot and cucumber.

Cut the potatoes, chillies, red pepper, leek, onion and garlic into small pieces and put into a pan with the water, oil, butter and salt. Cover and boil gently for 10 minutes. Cut the tomatoes into small pieces and grate the cheese. Add them to the pot and boil for another 5 minutes.

For a variant use mushrooms (Shamu) instead of leek.

Serve with Rice, Paa and Daal

# Puri

Serves 6



Flour	1	kg
Salt	to taste	
Water	To mix	

Mix the flour and salt into a bowl with water to make a breadly dough. Make 5cm diameter balls by rubbing between your two palms and roll them into 5 inch diameter quite thin round shapes. To roll it you need some extra flour so it doesn't stick in the rolling pin and makes it easier to roll. They need to be thinner than the roti.

Fry in a deep pan of vegetable oil until golden brown.

# Chicken Tandoori

Serves 6



Chicken Breasts	1	kg
Chilli powder	0.5	tsp
Coriander	1	tbs
Crushed garlic	1	tbs
Cumin powder	1	tbs
Garam masala optional	1	tsp
Ginger powder	1	tbs
Lemon juice	2	tsp
Plain yogurt	1.5	cups
Tandoori masala	2	tbs
Turmeric powder	1	tsp
Vegetable Oil	2	tbs

Mix all the spices, ginger, garlic, oil and lemon juice to a paste. Then, add yogurt. If the mixture looks dry, add more yogurt. Finally, add the chicken and mix well. Marinade overnight, or at least 4 hours. Bake in the oven for 1 hour on 170 degrees. Garnish with chopped coriander.

Serve with Naan or roti.



# Raita

Serves 6



Carrot (small)	1	nos
Chilli powder	1	big pinch
Salt		to taste
Yoghurt	0.5	ltrs

# Rogan Josh

Serves 6



Cardamom pod	6	nos
Chilli powder	1	tbs
Cinnamom	1	tbs
Cumin powder	2	tbs
Garlic	6	cloves
Ground coriander	2	tbs
Lamb	1	kg
Oil	4	tbs
Onions	1	nos
Paprika	1	tbs
Salt	1	tbs
Tomato puree	1	tbs
Water	1	cup

Grate the Carrot and mix with the yoghurt, salt and chilli powder.

Serve with Chicken Curry, Rice and Hot Lime Pickle.

Use cucumber instead of or as well as carrot.

In a food processor, blend together the garlic, onion, ginger, all of the ground spices, salt and tomato purée.

Heat the oil in a large saucepan and add the lamb pieces and cardamom pods. Quickly fry until the lamb is browned all over. Stir in the spicy paste and cook for about 5 minutes, stirring frequently. Pour in the water and bring to a simmer. Cover with a lid and cook for about 1-1½ hours, stirring occasionally, until the sauce has thickened and the lamb is lovely and tender. Freshly chopped coriander leaves.

Serve with rice.