



Bhed do Pyaza

Lamb with 'Two Onions'

Yield: Serves 4-6

Ingredients:

- 2 lbs Lamb Shoulder (**Bhed**) - trimmed of excess fat and cut into 1 ½ inch cubes
- 2 medium Tomatoes (**Tamatar**) - diced
- 2 large Onions (**Pyaz**) - halved and sliced paper-thin
- 1 large Onion (**Pyaz**) - diced
- ½ cup Oil - divided (can use grape seed, canola, avocado, vegetable, or olive oil)
- ¼ cup Heavy Cream (**Malai**)
- ¼ cup Raw Unroasted Cashews (**Kaju**) - rough chopped
- 2 Tbs Cashew Paste (soak cashews in water for 1 hour then grind)
- Kosher Salt (**Namak**) to taste
- Black Pepper (**Kali Mirch**) to taste

Marinade:

- ¼ Cup Plain Yogurt (**Dahi**)
- ¼ Cup Water
- 1 Tbs **Garam Masala**
- 2 tsp Cumin Seeds (**Jeera**) - roasted and ground into fine powder
- 2 tsp Turmeric (**Haldi**)
- 2 tsp Kashmiri Chile Powder -OR- Paprika (**Kashmiri/Deghi Mirch**)
- 2 tsp Kosher Salt (**Namak**)
- 1 tsp Red Chile Powder (**Lal Mirchi**)
- 1 tsp Coriander Seeds (**Dhania Saabut**) - ground into a fine powder

Masala:

- 4 cloves Fresh Garlic (**Leh-sun**) - minced
- 1 inch piece Fresh Ginger (**Adrak**) - minced
- 1 Cinnamon Stick (**Dalchini**)
- 10 Whole Cloves (**Laung**)
- 6 Green Cardamom Pods (**Choti Elaichi**) - bruised
- 4 Black Cardamom Pods (**Badi Elaichi**)
- 1 Tbs Cumin Seeds (**Jeera**)
- 1 tsp Mustard Seeds (**Rai**)

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Preparation:

- 1) Place all of the 'marinade ingredients' in a blender or food processor and puree into a smooth paste - Transfer to a large bowl, add the cubed lamb and toss until the lamb is evenly coated - Cover and place in the refrigerator for a minimum of 4 hours (overnight for better results)
- 2) Heat ¼ cup of the oil in a large heavy bottomed skillet, wok or kadahi over medium heat - Add the sliced onions and sauté until deep brown in color and slightly crisp (apx 30 minutes) NOTE: You may need to add up to 4 Tbs of water as necessary to keep the onions from sticking and scorching - Once browned, use a slotted spoon to transfer the onions to a baking pan lined with absorbent paper and set aside until needed
- 3) Add the remaining oil to the pan and allow it to heat until shimmering - Once the oil is hot, add the diced onion along with the cinnamon stick, whole cloves, cardamom pods, cumin seed, and mustard seed - Sauté until onions are tender and slightly colored (apx 7 minutes) - Add the remaining 'masala ingredients' and continue to sauté for an additional 5 minutes
- 4) Add the lamb and all of its marinade to the mixture and thoroughly combine - Allow to cook until the raw smell is gone (apx 2 minutes)
- 5) Add the tomatoes along with 3 cups of water and bring to a boil - Once a boil has been achieved, reduce heat to a simmer, loosely cover, and allow to cook (stirring occasionally and adding water as necessary) until the lamb is tender and the liquid has been reduced by half (apx 1 hour)
- 6) Add the heavy cream, cashews, cashew paste, and thoroughly combine - Allow to cook (stirring constantly) for another 3-5 minutes
- 7) Remove from heat and adjust seasoning with salt and black pepper to taste
- 8) Serve hot garnished with the browned onions and a little chopped fresh coriander along with naan and raita