**Slow Cooker**

**Lamb Madras**

*South Indian Spicy Lamb 'Curry'*

Yield: Serves 4-6

**Ingredients:**

1. 2 ½ lbs Boneless Leg of Lamb (Bhed) - trimmed of excess fat and cut into 1 ½ - 2 inch 'cubes'
2. 3 Tbs Oil - divided (can use olive, grapeseed, canola, vegetable, or safflower)
3. 1 Large Onion (Pyaz) - quartered and sliced thin
4. 5 cloves Fresh Garlic (Leh-sun) - sliced thin
5. 1 inch piece Fresh Ginger (Adrak) - grated into a paste
6. 1 (15 oz) Can Diced Tomatoes (Tamatar) and their liquid
7. 1 Cup Unsweetened Coconut Milk (Nariyal ka Doodh)
8. ⅛ Cup Madras Curry Paste - recipe follows
9. 8 Dried Curry Leaves (Kaddi Patta)
10. 8 Whole Black Peppercorns (Kali Mirch)
11. 6 Whole Cloves (Laung)
12. 2 Bay Leaves (Tej Patta)
13. 1 Cinnamon Stick (Jungli Dalchini)
14. ½ tsp Fennel Seed (Saunf)
15. ½ tsp Nigella Seed (Kalonji)
16. ¼ tsp Black Mustard Seed (Rai)
17. Kosher Salt (Namak) to taste
18. Fresh Ground Black Pepper (Kali Mirch) to taste

**Preparation:**

1. Turn large (5-7 quart) slow cooker (Crock-Pot®) to high and allow to heat
2. Place a dry skillet over medium-high heat - Add the peppercorns, cloves, bay leaves, cinnamon, fennel, nigella, and mustard seeds to the skillet - Roast (stirring continuously) until very fragrant and mustard seeds begin to pop (apx 1 minute) - Transfer to the preheated slow cooker
3. Season 'cubed' lamb with salt and pepper to taste
4. Add 2 Tbs of the oil to the same skillet and allow to heat until shimmering - Once oil is hot, add lamb (in small batches) and fry until browned on all sides - Using a slotted spoon, transfer browned lamb to the slow cooker
5. Reduce heat to medium and add the remaining Tbs of oil to the same skillet - Add sliced onion and sauté until golden in color (apx 5-7 minutes) - Add garlic and ginger and continue to sauté (stirring frequently) for an additional 3 minutes - Add madras curry paste and continue to sauté (stirring continuously) for 1-2 minutes
6. Add the tomatoes and their liquid to the pan to deglaze - Bring to a simmer gently scraping the bottom to release the 'fond' - Transfer mixture to the slow cooker - Add the remaining ingredients and stir to combine
7. Reduce slow cooker to low, cover, and allow to cook 6-10 hours until lamb is cooked through and 'melt in your mouth' tender ('low and slow' is the way to go - do not cook on high!)
8. Adjust seasoning - Serve hot with basmati rice, chapatti or naan, raita or plain yogurt, or part of any Indian meal
Madras Curry Paste

This spicy Madras curry paste has almost unlimited uses - it can be whisked into boiling water for making rice or pasta, it can be used as a chutney or spread, it can be mixed with mayo or yogurt for a dip, it can be used as a marinade base, or, obviously, to make 'curry'. It is not meant to substitute the whole or additional spices in any recipe, it is meant to be a base in the making of 'curries' or to quickly add 'Indian flavor' and a spicy kick to dishes.

Yield: Makes apx 1 Cup

Ingredients:

- 10-12 Dried Curry Leaves (Kaddi Patta)
- 5 cloves Fresh Garlic (Leh-sun) - crushed
- 1 ½ inch piece Fresh Ginger (Adrak) - rough chopped
- 2 Large Fresh Red Chiles (Lal Mirch)* - stem removed and rough chopped
- 4 Tbs Coriander Seed (Dhania Saabut)
- 2 Tbs Cumin Seed (Jeera)
- 2 tsp Black Mustard Seed (Rai)
- 2 tsp Turmeric Powder (Haldi)
- 2 tsp Kashmiri Chile Powder -OR- Paprika (Kashmiri/Deghi Mirch)
- 1 tsp Black Peppercorns (Kali Mirch)
- 2 Tbs Oil - can use grape seed, canola, vegetable, or safflower oil
- 3 Tbs Cider Vinegar (Jamun Sirka)

* I use cayenne peppers for this but you could use red jalapeños, piquillo chiles, fresno peppers, or any combination of fresh red chiles that you choose (should equal apx 4 - 5 oz) - You can substitute 2-3 tsp of Red Chile Powder (Lal Mirchi) mixed with little water to make a paste before adding and adjust finished consistency as needed

Preparation:

1) Place a medium dry skillet over medium-low heat
2) Add coriander seed, cumin seed, mustard seed, and peppercorns to the skillet and dry roast (continuously stirring) until very fragrant (apx 1-2 minutes)
3) Remove from heat and allow to cool to room temperature
4) Once cool, place the roasted spices in a mortar and pestle, spice mill, or clean coffee grinder and grind into a fine powder
5) Transfer the spice powder to the work bowl of a small food processor or blender along with the remaining ingredients (minus vinegar) and pulse a few times until the wet ingredients are well blended - Continue to pulse adding vinegar 1 Tbs at a time until a thick paste is formed (think tomato paste) - Purée until smooth
6) Use immediately or store in an airtight container in refrigerator for up to one month - frozen for up to 3 months