

Rogan Josh

Ingredients

- 1 cup curd or plain yogurt
- 2 Tbsp Kashmiri chili powder or to taste
- 1 Tbsp ground fennel seed
- 1 1/2 tsp salt
- 1 1/2 tsp ground ginger or 2 tsp ginger paste
- 1/2 tsp ground cinnamon or 2" cinnamon stick
- 1/4 cup ghee or Mustard oil
- 2 bay leaves
- 7 cloves
- 6 green cardamon
- 2 black cardamon
- 2 lbs bone-in lamb shoulder, cut into bite-size pieces
- 1/2 tsp asafoetida
- 2 cups lamb stock or water

Directions

In a small bowl whisk together the curd, Kashmiri powder, ground fennel seed, salt and the ground ginger and cinnamon, if using. Set aside to rest at room temperature.

Heat the ghee in a saucepan over medium-high heat. Add the bay leaves, cloves, green and black cardamon and cinnamon stick, if using, and fry for a few seconds. Add the lamb and sear for 1-2 minutes. Reduce heat to medium. If using ginger paste, push lamb to one side, add ginger paste and cook for a minute before stirring. Continue searing for 4 to 5 minutes. Add the asafoetida and stir. Turn off the heat.

Gradually, stir in the yogurt mixture until well combined. Cover, turn heat back to medium and cook for 3 to 4 minutes. Stir in the broth or water, bring to a boil, then cover, turn heat to low and simmer for about an hour (longer if using bone-in lamb). Taste and adjust seasoning before serving.