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## Vij's Stewed Cinnamon-Scented Goat or Lamb Curry

Posted on [December 9, 2008](#) by [smac](#)

As promised, here's the recipe that was published in the Vancouver Province newspaper and still remains my favourite:

### Ingredients:

- \* 4 to 5 tbsp ghee (purified butter) or canola oil
- \* 1 tbsp cumin seeds
- \* 2 large onions, chopped
- \* 7 large cloves garlic, chopped (about 1 oz)
- \* 1 tbsp finely chopped or lightly crushed ginger
- \* 2 tbsp ground cumin
- \* 2 tsp ground coriander
- \* 1 tsp turmeric
- \* 10 cloves
- \* 1 cinnamon stick, 2 inches long (add another stick if you prefer a stronger taste)
- \* 1 tsp ground cayenne pepper
- \* 2 tbsp salt
- \* 5 ripe tomatoes, chopped (about 1 1/2 lbs)
- \* 1 cup plain yogurt, stirred
- \* 1 cup water
- \* 1/4 cup canola oil
- \* 2 lbs leg of lamb or goat, fat trimmed, cut in 1 1/2 inch cubes
- \* 1/2 cup chopped fresh cilantro

Melt Ghee (or 4 tbsp of oil) on medium heat in a large, heavy stockpot. Add cumin seeds and sauté until they sizzle, about 45 seconds. Add onions and sauté until golden brown, about 8 to 10 minutes. Add garlic and sauté 2 to 3 minutes, or until golden brown. Stir in ginger. After 1 minute, add ground cumin, coriander, turmeric, cloves, cinnamon, cayenne, and salt. Cook on medium heat, stirring regularly, for 5 to 10 minutes or until ghee (or oil) separates from the spices. Add another tablespoon of ghee or oil if spices are sticking to the bottom of the pot.

Add tomatoes and cook for 3 to 4 minutes, until ghee (or oil) separates again and glistens. Stir in yogurt and cook for another 1 to 2 minutes, then add water (add an extra cup of water if serving with rice). Bring to a boil, then remove from the heat.

In another large, heavy frying pan, add 1/4 cup oil (make sure there is enough to lightly cover the bottom of the pan). On medium to high heat, sauté lamb (or goat), stirring regularly, until you notice small, thin lines of blood on the meat. Remove from the heat and transfer meat to the stew.

Return stew to medium-low heat and cook covered, stirring occasionally, for 2 hours or until meat is cooked through. Add more water, 1/2 cup at a time, if the stew becomes dry while cooking. This should be a moist, thick curry.

Just before serving, remove cinnamon stick and cloves. Stir in cilantro.

Voila! Enjoy this awesome recipe and remember to buy the book – we've made plenty of the recipes in it and so far we haven't come up with a single one that we didn't like!

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