

Lamb rogan josh (Kashmiri-style)

A true Kashmiri-style rogan josh: lamb on the bone slow-braised in a sauce built on browned onions, yogurt and Kashmiri chilli for colour rather than heat. Aromatic, deep red, and never greasy.

Prep: 20 min **Cook:** 1 hr 30 min **Total:** 1 hr 50 min **Serves:** 4 servings **Spice:** Medium

INGREDIENTS

- 800g halal lamb shoulder on the bone, cut 4cm
- 3 tbsp mustard oil (or ghee)
- 2 large onions, finely sliced
- 200g full-fat natural yogurt
- 2 tbsp ginger-garlic paste
- 2 tbsp Kashmiri chilli powder (for colour)
- 1 tsp ground fennel
- 1 tsp ground ginger
- 1 tsp garam masala
- 4 green cardamom, 2 black cardamom, 1 cinnamon stick, 4 cloves
- Salt to taste
- Fresh coriander to finish

METHOD

1. Heat mustard oil until it smokes, cool slightly, then add the whole spices and cook 30 seconds.
2. Brown the lamb in batches on a high heat to seal — do not crowd the pan.
3. Lower heat, add onions and cook 12 minutes until deeply golden.
4. Stir in ginger-garlic paste, Kashmiri chilli, fennel and ground ginger; cook 2 minutes.
5. Whisk the yogurt smooth, add a spoonful at a time off the heat to prevent splitting, then return to a low simmer.
6. Add 300ml water, cover and braise on a very low heat for 75 minutes until the lamb pulls with a fork.
7. Finish with garam masala and fresh coriander; rest 10 minutes before serving with basmati rice or naan.

CHEF'S TIPS

- Kashmiri chilli gives the dish its signature red colour without the heat — do not substitute hot chilli powder.
- Adding yogurt off the heat is the single biggest tip — it stops the sauce from curdling.
- Lamb on the bone always delivers more flavour and a silkier sauce than diced boneless.

ALLERGENS

Contains: Dairy (yogurt)

Free from: Gluten, Egg, Soy, Peanut, Tree nuts, Shellfish, Mustard (when using ghee)

- Dairy-free: Use coconut yogurt in place of dairy yogurt; cook in ghee-substitute or oil.

Mustard oil contains mustard allergens — swap for ghee or a neutral oil if avoiding.

TOO BUSY TO COOK?

We cook this in our Richmond kitchen every evening from 4pm. Order collection or delivery at jaflongtandoori.online, or call 020 8332 1339. Catering for 10 to 200 guests:

jaflongtandoori.online/catering/hub