

Lamb rogan josh — slow-cooked Kashmiri classic

A faithful version of the Kashmiri original — lamb shoulder slow-cooked with whole spices, yogurt and Kashmiri chillies that give the dish its signature crimson hue without searing heat.

Prep: 20 min **Cook:** 90 min **Total:** 1 hr 50 min **Serves:** 4 servings **Spice:** Medium

INGREDIENTS

- 800g halal lamb shoulder, diced
- 200g full-fat natural yogurt, whisked
- 3 tbsp ghee
- 2 large onions, finely sliced
- 2 tbsp ginger-garlic paste
- 2 tbsp Kashmiri chilli powder
- 1 tsp ground fennel
- 1 tsp ground ginger
- 4 green cardamom pods
- 2 black cardamom pods
- 1 cinnamon stick
- 4 cloves
- 2 bay leaves
- 1 tsp garam masala
- Salt to taste

METHOD

1. Heat ghee in a heavy casserole, add whole spices and let them sizzle 30 seconds.
2. Add onions and cook on medium heat for 12 minutes until rich brown.
3. Stir in ginger-garlic paste; cook 2 minutes.
4. Add lamb and seal on a high heat for 5 minutes.
5. Reduce heat, add Kashmiri chilli, fennel and ground ginger; stir 2 minutes.
6. Add whisked yogurt one tablespoon at a time so it does not split.
7. Pour in 250ml hot water, cover and simmer on the lowest heat for 75 minutes until the lamb falls apart.
8. Finish with garam masala, rest 10 minutes covered, and serve with steamed basmati or naan.

CHEF'S TIPS

- Kashmiri chilli is for colour, not heat — do not substitute with regular chilli powder.
- Whisk the yogurt before adding to prevent it splitting in the pan.
- Cook low and slow: a gentle simmer is what makes the lamb melt-tender.

ALLERGENS

Contains: Dairy (yogurt, ghee)

Free from: Gluten, Egg, Soy, Peanut, Tree nuts, Shellfish

- Dairy-free: Use coconut yogurt and vegetable oil in place of ghee.

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