

# bengali-style lamb in coconut



preparation time: 20 minutes  
Cooking time: 1 hour 10 minutes  
chilli rating: medium

difficulty level: medium  
Serves: 4 with rice

## ingredients

2 tsp coriander seeds  
1 tbs + 2 tsp cumin seeds  
1/3 cup desiccated coconut  
3 tbs mustard oil  
1 kg boneless lamb shoulder, cubed  
1 tbs ground turmeric  
2 tsp salt, or to taste  
2 tbs fresh ginger, grated  
2 tbs garlic, crushed  
8 fresh mild long green chillies, slit lengthways  
1 potato, peeled and chopped  
2 tsp sugar  
juice of 1 lemon

## method

In a spice grinder, grind coriander seeds and 1 tablespoon cumin seeds to a fine powder. Set aside.

In a small bowl, mix desiccated coconut with 1½ cups water. Set aside.

In a large, heavy-based saucepan, heat oil over high heat. When oil starts to smoke, reduce heat to medium. Add remaining 2 teaspoons cumin seeds and cook, stirring, till they burst. Raise heat to high and add lamb in batches and cook, stirring, until well browned. As each batch is browned, transfer to a plate.

Return all lamb pieces to pan, add turmeric, salt and ground coriander mixture. Cook over high heat, stirring, until fragrant. Add ginger, garlic and chillies, reduce heat to medium and cook, stirring, for 1 minute.

Add potato, coconut mixture and reduce heat to low. Cover and simmer until lamb is tender and the potatoes are soft.

Remove pan from heat and stir in the sugar and lemon juice. Serve immediately, sprinkled with the chopped coriander.

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