

dalcha gosht

preparation time: 20 minutes
+ 30 minutes soaking
cooking time: 1 hour 30 minutes
chilli rating: medium

difficulty level: easy
serves: 4-6 as part of an
Indian meal



ingredients

¼ cup split chickpea lentils
½ cup vegetable oil
4 brown onions, thinly sliced
1 tsp salt
500 g lamb shoulder, cut into 1-inch pieces
½ cup plain whole-milk yoghurt, whisked until smooth
2 tsp garlic, minced
2 tsp fresh ginger, grated
1½ tsp coriander seeds, ground in spice grinder
1 tsp chilli powder
½ tsp ground turmeric
4 fresh mid long green chillies, slit lengthways
juice of 1 lime

method

Rinse chickpea lentils. In a bowl, combine chickpea lentils with plenty of cold water to cover. Set aside for 30 minutes to soak. Drain, then rinse and drain well. Set aside.

Meanwhile, in a large frying pan, heat oil over medium-low heat. Add onions and salt and cook, uncovered, stirring occasionally, until onions are dark golden-brown. Transfer half of fried onions to a plate lined with paper towels and set aside.

Raise heat to high and add lamb pieces to onions remaining in pan. Cook, stirring and tossing, until lamb is browned all over. Add garlic, ginger, coriander, chilli powder and turmeric and cook, stirring, until fragrant.

Add chickpea lentils and 3 cups water to pan and stir to combine. Reduce heat to medium-low, cover partially and simmer until meat is very tender and lentils break down to form a rich sauce.

Remove pan from heat. Stir chillies and lime juice into pan and season to taste, as necessary. Serve immediately,

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