

Sri Lankan Lamb Curry

Serves 6–8

Ingredients

2 lbs lamb stew meat (cut into 2 inch cubes)
1 small onion diced
2 cloves garlic minced
1 inch ginger minced
1 bird chile, slit for milder curry, mince for spicier curry
1 tsp fennel seeds
2 Tbsp curry powder
2 sprigs curry leaves
1 can coconut milk (optional)
Water
Salt

Equipment

Cutting Board
Knife
Small Pot
Grinder (a mortar and pestle, an electric spice grinder, a plastic bag and rolling pin, etc.)
Instant Pot (or large pan)



Method

Marinate lamb in 2 tsp salt, and 2 Tbsp curry powder. Roast your fennel: put fennel seeds in a small pot and turn heat to medium low. Swirl seeds in pot so they don't burn until the seeds are fragrant. Grind the seeds to desired texture.

Turn Instant Pot on to Saute Mode and add oil (if using a pan, heat oil up to medium high). When hot, and add onions, ginger, and garlic. Cook mixture, stirring often, until onions become translucent. Add curry leaves, and mix. Drop heat to low and cover, letting the mixture sweat. After about 10 minutes, add oil if necessary and bring mixture back to medium high, and when ready, add lamb and fennel seeds. Mix together. After 3–5 minutes, when lamb starts to change color, close the instant pot lid and use the stew option for 20 minutes.

If you do not have an Instant Pot, add 1 cup hot water. After water boils for about two minutes, drop heat to medium low, cover, and let simmer for 30 minutes. Stir from time to time to ensure the curry does not stick to the pan. Add salt to taste. When curry is done, add coconut milk if desired, incorporate. Serve hot with rice (and aloo gobi).

