

LAMB & EGGPLANT MADRAS CURRY

Ingredients

1-pound Lamb stew
meat

½ large Yellow Onion

1 Tablespoon Madras
Curry Powder

3 Tablespoons
Cornstarch

8 ounces Indian
Eggplant, about 4 each,
cut into wedges

3 Tablespoons
Grapeseed Oil

1 Tablespoon Tomato
Paste

1 Curry leaf

1 small fresh or dried
chili

¼ Cup Mirin or Sake

1 ½ Cups Heavy Cream

Directions

Trim stew meat and cut into bite size pieces and place into a mixing bowl. Add curry powder and cornstarch and then mix to combine and coat the meat.

Heat a Tablespoon or so of oil in a medium saucepan over medium-high and add half the meat so that the pan is not crowded.

Cook for a minute or so before turning and browning lightly another side. Remove from pan and place in a new bowl close to the stove. Repeat with remaining meat.

Use your tongs and a paper towel to wipe out the pan and then return to heat with some more oil.

Coat the eggplant with remaining seasoned cornstarch and add to the pan along with diced onion.

Cook until there are some pieces beginning to stick on the bottom of the pan, about 3 – 4 minutes, before adding tomato paste, curry leaf, chili and then Mirin.

Stir well and then add cream as well as browned meat before reducing heat to low for 20 minutes.

Stir occasionally and check that it is not sticking on the bottom – if so, add a little water and stir to incorporate.

Check for seasoning and add ½ teaspoon or so of salt to taste. Serve over Basmati rice.