

# Beef / Lamb Korma

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## Ingredients

		Serve	
	6	80	70
Meat - use either lamb <i>or</i> beef (see cooking times below)	1 kg	15	12 kg
Diced mutton or lamb			
Chuck steak - not diced (add 10-15% weight to allow for fat trimming), must be chuck, not anything else			
Brown onions, coarsely chopped	2	5	4.5 kg
Fresh ginger, finely chopped	1 tbs		¾ cup
Garlic, coarsely chopped	2 cloves		2 heads
Blanched almonds	1/4 cup		3 cups
Ground coriander	1 tbs		3/4 cup
Cumin seeds, freshly ground	1/2 tbs		½ cup
Cinnamon quill, freshly ground	1.5 cm		2 ½ sticks
Cardamom seeds, freshly ground	1/2 tsp		2 tbs
Cloves, freshly ground	1/2 tsp		2 tbs
Turmeric	1 tsp		4 tbs
Oil	3 tbs		2 ½ cups
Salt	1.5 tsp		5 ½ tbs
Yoghurt, plain, unsweetened low fat	½ cup		1 kg
Green stringless beans (check they are good quality)	150gm		2 kg
Yellow button squash	4	4kg	3.5kg
Carrots	2	5kg	4 kg
Fresh coriander, chopped	2 tbs		1.5 cups

## Instructions

If using chuck steak trim fat and dice into 2.5 cm cubes. Blanch almonds and chop finely. Put chopped onion into blender with ginger, garlic and almonds. Blend to a smooth puree (Add a little water if necessary). Add ground spices and blend a little longer.

Heat oil in heavy saucepan and add the blended mixture, stirring until it browns and the oil separates from the mixture – about 10 – 15 minutes. Add the meat and stir well. Add yoghurt until evenly mixed. Cover and simmer until meat is tender. For lamb allow 1 - 1.5 hours. For chuck steak, allow 1.5 - 2 hours. If excessive oil has separated towards end of cooking skim off with spoon or paper towels. Stir occasionally to ensure spice mixture doesn't stick to base of pan.

In a separate saucepan, steam carrots, beans and squash. Don't overcook. Stir in to meat mixture about 10 minutes before meat is cooked to allow flavours to mix.

Remove from heat and stir in chopped coriander.