

Spinach and Lamb Curry for 60 (Palak Gosht)

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Ingredients

	4	Serve 60
Diced, lean mutton or lamb	500g	8kg
Silverbeet, stalks removed, washed and roughly chopped	1 bunch	15 bunches
Dried fenugreek leaves	2 tsp	2/3 cup
Oil	4 tbs	4 cups
Cummin seeds, freshly ground	2 tsp	2/3 cup
Ground coriander	1 tbs	1 cup
Turmeric	1 tsp	1/3 cup
Black cumin seeds	1 tsp	1/3 cup
Onions, coarsely chopped	1	3 kg
Fresh ginger, finely chopped	1 tbs	1 cup
Garlic, coarsely chopped	2 cloves	3 heads
Salt	1 tsp	2/3 cup
Bay leaves	1	15
Green cardamom pods, bruised	3	45
Yoghurt, plain, unsweetened low fat	½ cup	1.5kg
Black pepper	¼ tsp	4 tsp
Yellow button squash	4	4.5kg
Carrots	2	5 kg

Instructions

Put chopped onion into blender with ginger, garlic, ground turmeric, cumin and coriander. Blend to a smooth puree (Add a little water if necessary).

Heat oil in heavy saucepan and fry black cumin seeds until aromatic (just a few seconds if oil is hot). Add the blended mixture and fry, stirring, until it browns and the oil separates from the mixture – about 10 – 15 minutes. Add the meat and stir well. Cover and cook until lamb is half tender (about 45 minutes for lamb, more for mutton).

Add the silverbeet, salt, cardamoms and bay leaves and still well. Cover and cook until lamb is tender.

In a separate saucepan, steam carrots 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 yoghurt and pepper.