

# Lamb Rogan Josh

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Prep Time minutes	Cook time minutes	Your revised time
7	98	<input type="text"/>

<b>All prepared?</b> Start timer at:	<b>98</b>
Put the lamb in the wok and brown *	<b>98</b>
Transfer lamb to the cooking pot	<b>91</b>
Shake & add the Rogan Josh sauce	<b>91</b>
Add 1/3 of a jar of water & the puree	<b>91</b>
Stir and place pot with lid in the oven	<b>90</b>
Stir pot every 15 minutes	<b>90-0</b>
Place the sieve of rice over a glass bowl	<b>46</b>
Fill with cold water washing the rice	<b>45</b>
Soak for 30 mins changing water 3 times	<b>44</b>
Drain the rice and put it in rice steamer	<b>14</b>
Put steamer in microwave for 7.5 mins	<b>14</b>
Remove the rice from the microwave	<b>6</b>
DO NOT open rice steamer	<b>6</b>
Let it rest on a worktop	<b>6</b>
Heat bowl in microwave for 2 minutes	<b>2</b>
Open the rice steamer	<b>1</b>
Fluff up the rice with microwave spoon	<b>0</b>
Put the rice in the heated bowl	<b>0</b>
Gently spoon pot contents into the bowl	<b>0</b>
Add Parsley and black pepper to taste	<b>0</b>

Ingredients <i>(Red = optional)</i>	Amount for one	Your variation
Diced lamb	175g	
Pure Basmati rice	100g	
Olive oil <i>(not virgin)</i>	2tsp	
Tomato puree	1tsp	
Jar of Rogan Josh sauce (From M&S)	340g	
Ground pepper		
<i>Pilau rice seasoning (Bart Blends)</i> <b>TIP:</b> This gives rice a great taste	2tsp	
Parsley	1tsp	
<b>*TIP:</b> For more on how and why to “brown” meat see this <a href="#">blog</a>		
<b>TIP:</b> This is a 2 chillies curry and worth the extra cooking time but if you don't have that time and really want a curry with the same heat try a Chicken Balti instead. With the M&S sauce it takes about 16 minutes.		

## Tools that help

- Scales
- Wok/frying pan
- Stirrer
- Timer
- Turner
- Microwave rice steamer
- Sharp knife
- Sieve
- Tong
- Glass bowl
- Cooking pot

## Prep Instructions

1. Turn the oven on at 140
2. Pour the olive oil into the wok and select heat 6.5 for 5-8 minutes
3. Weigh 100gm of basmati rice and place in a sieve
4. Add 200ml of water and the Pilau rice seasoning to the microwave rice steamer

All recipes are based on using an induction hob, fan oven and microwave set at 1,000