

# Rogan Josh

Gourmet Morsels Rogan Josh blend is an authentic mild curry blend of high quality ingredients used in Indian cooking. This blend is family friendly and can be used to make curried eggs and casseroles. Our blends have no added m.s.g and no artificial colours,flavours or preservatives. This blend is gluten free and nut free and packaged in high quality zip lock pouches to retain freshness long after the pack is opened.



How to cook with pure spice blends?

Spice Blends are a natural seasoning to add flavour to your meat or vegetables. Simply sprinkle/rub over the food and then grill, oven bake, panfry or BBQ. Can be used as a base in casseroles, soups and tagines.

## Slow Cooked Chicken/Lamb Curry



4-6 servings 2½ hours cooking time, 30 min prep

2 1/2 cm fresh ginger, peeled and coarsely chopped, 8 garlic cloves, peeled, 4 tablespoons water, 275ml & 425 ml water, 10 tablespoons vegetable oil, 1 kg boneless lamb shoulder or stewing beef or diced chicken, 2 tablespoons Gourmet Morsels Rogan Josh Blend, 4 medium onions, peeled and finely chopped 6 tablespoons plain yoghurt

Put the ginger, garlic, and 4 tablespoons of water into the blender. Blend well until you have a smooth paste.

Heat oil in a wide heavy pot over a medium heat, brown the meat cubes in several batches and set to one side. Now put in the onions. Stir and fry for 5 minutes until they turn a medium brown colour. Put in the ginger garlic paste and stir for 30 seconds. Add Gourmet Morsels Rogan Josh Blend and stir and fry for 30 seconds. Add the fried meat cubes and juices. Stir for 30 seconds, now add 1 tablespoon of yoghurt, stir until well blended. Add the remaining yoghurt, a tablespoon at a time in the same way. Stir and fry for another 3 minutes.

Now add 275ml of water if you're cooking lamb or chicken and 425ml of water if you're cooking beef. Bring to the boil, scraping all the browned spices off the sides and bottom of the pot. Cover and cook on low heat for an hour with chicken or lamb and 2 hours if cooking beef, (or until meat is tender.)

Every 10 minutes give the meat a good stir. When the meat is tender take off the lid, turn the heat up to medium, and boil away some of the liquid. Serve with Rice

