Lamb & Potato Curry

Lamb Marinade
3 lbs lamb cut into bite-size pieces
1 1/2 tbsp each minced or crushed fresh ginger and garlic
1 1/2 cups plain whole milk yogurt
Juice of 1/2 lemon
2 tbsp vegetable or canola oil
3 curry leaves
2 1/2 tbsp ground coriander
2 tbsp cumin
1 tsp garam masala
1/2 tsp cinnamon
1/2 tsp cloves
1/2 tsp cardamom
3 tsp sugar
2 tsp salt

Put lamb and marinade ingredients in a large bowl. Marinate for up to 24 hrs.

When ready to cook, roast the meat on a baking sheet in the oven for 15 min. at 350°F. Keep the leftover marinade for use in the sauce.

Heat 1/4 cup oil until hot and fry onion, ginger and garlic till lightly golden.

Add white pepper, cumin, coriander and fenugreek to the onion paste; stir for a few seconds.

Add the leftover marinade and stir for a minute.

Add in the tomato sauce and stir for 3 to 5 min on low heat.

Add the roasted lamb to the pot. Add a bit of water if necessary. Cover and cook the lamb on low heat for an hour to 1 1/2 hours. Stir occasionally.

Add the potatoes. Stir in 1 cup of water and cover and cook until potatoes are tender and lamb is soft.

Just a few minutes before turning off the heat, add the cream and butter and wait until butter is melted and sauce is thickened. Add more salt if needed.
Futari (Tanzanian Coconut Squash)*

4 cups fresh pumpkin (or winter squash, yams/sweet potatoes, or a mixture)
3 tbsp onion
1 tbsp butter
Juice of ½ lemon (plus a bit extra)
½ tsp cloves
1 tsp salt
1 cup coconut milk (plus a bit extra)
1 tsp cinnamon

- Split and seed the squash. Roast at 350°F for 30–45 minutes, until soft. Let cool till safe to handle. Peel squash and gently cut into chunks.
- In large pot, heat butter and fry onions.
- Add ground cloves, salt, coconut milk, and cinnamon. Heat for 5 minutes to blend flavors.
- Add squash and heat together while gently stirring.
- Just before serving, you can add an extra squeeze of lemon and an extra ½ cup of coconut milk to heighten the flavors.

*From the Africa News Cookbook — a great source of recipes from all over Africa!
Coriander – Mint Chutney*

3½ oz coriander (cilantro) leaves without stems
1 oz spearmint leaves
1 oz garlic chives, chopped
3 quarter-size slices of ginger
2 tbsp lime juice
1 tsp. salt
1 tsp hot green pepper sauce or 1–2 chopped hot green peppers
⅔ cup coconut milk
1 tsp cumin seeds

- Toast cumin in dry skillet until fragrant. Grind in mortar.
- Purée all ingredients except the cumin in a blender. Serve with cumin sprinkled on top.
- Makes ~1½ cups of chutney. Store in refrigerator for one week or freeze.

* Recipe adapted for Slow Food Corvallis by Board Member Linda Ziedrich from her blog, A Gardner's Table.

Sweet Tomato Chutney*

4 lbs ripe tomatoes, peeled and chopped
1½ cups sugar
1½ cups white vinegar*
1 tbsp salt
Grated zest and juice of 1 large lime or equivalent
¼ cup chopped garlic
2 tbsp chopped fresh ginger
½ tsp hot pepper flakes
½ tsp fennel seeds
½ tsp cumin seeds
½ tsp fenugreek seeds
½ cup raisins

- Combine all ingredients in a heavy, nonreactive pot. Bring to boil.
- Reduce heat and simmer 1½ – 2 hours until chutney is thick. Stir often.
- Makes ~2 pints of chutney. Store in refrigerator for one week.
- For long keeping, can the chutney in pint or half-pint mason jars, processed in a boiling-water bath for 10 minutes, or store it in glass or plastic containers in the freezer.

* Recipe adapted for Slow Food Corvallis by Board Member Linda Ziedrich from her book, The Joy of Pickling.