

Cooking with MEAT and fruit



LAMB WITH APPLES

Ingredients

1 kg lamb (bone-in pieces, preferably shoulder or leg)
4 medium apples, peeled and sliced (preferably green apples)
3 large onions, thinly sliced
1 tbsp ginger paste
1 tsp garlic paste
½ cup yoghurt, whisked
½ tsp turmeric powder
1 tsp red chilli powder (adjust to taste)
1 tsp fennel powder
1 tsp dry ginger powder
2-3 green cardamoms
2 black cardamoms
1-inch cinnamon stick
3-4 cloves
½ tsp cumin seeds
½ tsp garam masala powder
Salt to taste
4 tbsp mustard oil (or any oil)
Fresh coriander leaves, chopped (for garnish)

Method

Heat mustard oil in a heavy-bottomed pan until it begins to smoke slightly, then reduce the heat to medium. Add cumin seeds, cinnamon, cloves, and both green and black cardamoms, and sauté until aromatic. Add the sliced onions and cook until golden brown. Stir in the ginger-garlic paste and sauté for 2-3 minutes until the raw smell disappears. Add the lamb pieces and sear them on high heat until they are browned on all sides.

Lower the heat and add turmeric, red chilli powder, fennel powder, dry ginger powder, and salt, mixing well to coat the meat evenly with the spices. Gradually add the whisked yoghurt, stirring continuously to prevent curdling. Cover and cook the lamb on low heat for 45 minutes to 1 hour, stirring occasionally and adding a little water if necessary to keep the mixture moist.

When the meat is nearly tender, add the sliced apples and let them cook for another 10-15 minutes, until they soften and absorb the flavours while still holding their shape. Finish

with a sprinkle of garam masala and garnish with fresh coriander leaves. Serve hot with steamed basmati rice or naan.

MUTTON WITH COCONUT AND TAMARIND

Ingredients

1 kg mutton (bone-in or boneless)
1 cup coconut, freshly grated
1 cup coconut milk
2 tbsp tamarind paste or tamarind pulp (soaked in warm water)
3 large onions, chopped
2 medium tomatoes, chopped
1 tbsp ginger-garlic paste
2 green chillies, slit
A few sprigs of curry leaves
1 tsp mustard seeds
1 tsp cumin seeds
½ tsp turmeric powder
1 tbsp red chilli powder (adjust to taste)
1 tbsp coriander powder
1 tbsp garam masala powder
½ cup coconut milk
2-3 tbsp tamarind extract (adjust for tanginess)
Salt, to taste
2 tsp oil
Water as needed
A handful of fresh cilantro, chopped (for garnish)

Method

Heat a large pan with oil and sear the mutton pieces until browned on all sides. Remove them from the pan and set aside.

In the same pan, add mustard seeds, cumin seeds, and curry leaves, allowing them to splutter and release their aroma. Add the chopped onions and sauté until golden brown, then add the ginger-garlic paste and cook until the raw smell disappears. Stir in the chopped tomatoes, turmeric powder, red chilli powder, coriander powder, and garam masala powder. Cook until the tomatoes soften and the oil begins to separate from the masala. Return the browned mutton to the pan and mix well, allowing it to cook for 5-7 minutes so the flavours can blend.

Now, add the grated coconut and tamarind paste, then pour in enough water and simmer for about 30 minutes, checking for tenderness



and adding more water, if needed. Once the mutton is cooked through and tender, stir in the coconut milk and simmer for another 5-10 minutes. Adjust salt and tamarind to taste. Garnish with freshly chopped cilantro and serve hot with rice, naan, or roti.

ORANGE AND SOY BRAISED BEEF

Ingredients

1 kg beef brisket or chuck, cut into large chunks
½ cup orange juice
1 tbsp orange zest
3 tbsp dark soy sauce
1 tbsp white vinegar
1 tbsp brown sugar
1 tbsp ginger, sliced
4 cloves garlic, crushed
1 star anise (optional, for depth of flavour)



2 tbsp oil
1½ cups water or beef stock
Spring onions, chopped, for garnish
Salt to taste

Method

Heat oil in a large pot and brown the beef pieces on all sides. Add garlic, ginger, and star anise, and sauté for a minute. Pour in orange juice, soy sauce, vinegar, sugar, and orange zest. Add water or stock, cover, and simmer on low heat for about 2 hours or until the beef is tender and the sauce has reduced to a sticky glaze. Adjust salt and sugar to balance sweetness and saltiness. Garnish with chopped spring onions and serve.

THAI CHICKEN & MANGO STIR-FRY

Ingredients

2 chicken breasts, cut into 1-inch pieces
2 tbsp fish sauce
2 tbsp lime juice
1½ tsp cornstarch
1-2 tsp brown sugar
4 tsp oil
2 clove garlic, minced
1 tsp minced fresh ginger
2 fresh chilli papers, stemmed and sliced
2 cups bite-size capsicum
¼ cup water
2 mangoes, peeled and sliced
¼ cup chopped fresh cilantro
¼ cup chopped fresh basil
¼ cup chopped fresh mint
4 tbsp oiled

Method

Combine fish sauce, lime juice, cornstarch, and brown sugar in a small bowl. Heat 2 tbsp oil in a wok or large skillet over high heat. Add chicken, and cook, stirring, until just cooked through, 5-6 minutes. Transfer to a plate. Add the remaining oil, garlic, ginger and chillis to the pan. Cook, stirring, until fragrant, about 15 seconds. Add capsicum and mango and cook for 1 minute. Add the reserved sauce and chicken, and cook, stirring, until the sauce is thickened and the chicken is heated through about 1 minute. Stir in cilantro, basil and mint. Remove from heat and serve.

CONTINUED TO PAGE 8