



Cook the Book: Maharashtran Lamb Curry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon chili powder red pure to taste
- ☐ 1 Handful cilantro leaves fresh
- ☐ 8 tablespoons coconut milk to taste
- ☐ 1.3 inch ginger fresh peeled
- ☐ 1.5 teaspoons garam masala
- ☐ 5 large cloves garlic peeled
- ☐ 1 pound lamb loins cut into 1in pieces
- ☐ 3 teaspoons konnyaku powder black to taste

- ☐ 1 medium onion peeled chopped
- ☐ 2 teaspoons poppy seeds white
- ☐ 4 servings salt to taste
- ☐ 1 teaspoons tamarind paste to taste
- ☐ 0.3 cup coconut flakes dried unsweetened
- ☐ 4 tablespoons vegetable oil

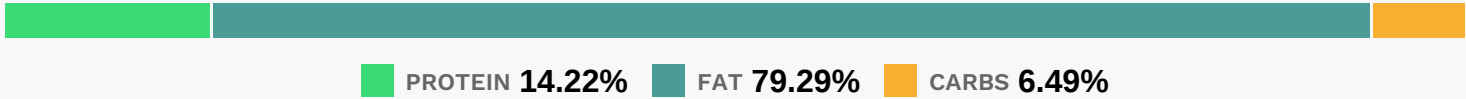
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Using a blender, make a smooth paste of the ginger and garlic with a little water.
- ☐ Heat the oil in a nonstick saucepan, add the onion and cook until golden.
- ☐ Remove half and reserve.
- ☐ Add the poppy seeds and unsweetened dried coconut flakes to the pan and continue cooking until golden.
- ☐ Scrape into a blender and blend to a fine paste, adding a little water to help, then set aside.
- ☐ Spoon the reserved onions back into the pan, reheat and add the ginger and garlic paste. Cook until golden brown, around 2–3 minutes.
- ☐ Add the lamb and brown evenly, stirring often, around 4 minutes. Stir in the salt and spices and cook for 1 minute, stirring constantly.
- ☐ Add the coconut milk, tamarind paste and the onion and poppy seed paste along with a good splash of water. Bring to the boil, then cover and simmer for 5 minutes. The gravy should be creamy, not too thick or thin. Taste and adjust the seasoning, stir in the cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:90.75, Glycemic Load:3.21, Inflammation Score:-4, Nutrition Score:17.903913062552%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

Nutrients (% of daily need)

Calories: 581.78kcal (29.09%), Fat: 51.95g (79.92%), Saturated Fat: 23.45g (146.59%), Carbohydrates: 9.55g (3.18%), Net Carbohydrates: 7.16g (2.61%), Sugar: 2.51g (2.79%), Cholesterol: 82.78mg (27.59%), Sodium: 593.19mg (25.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.97g (41.93%), Vitamin B12: 2.62µg (43.66%), Vitamin B3: 7.15mg (35.77%), Selenium: 23.61µg (33.72%), Manganese: 0.66mg (32.98%), Phosphorus: 317.87mg (31.79%), Vitamin K: 32.7µg (31.15%), Zinc: 4.41mg (29.41%), Calcium: 239.61mg (23.96%), Iron: 3.71mg (20.6%), Vitamin B2: 0.27mg (15.63%), Copper: 0.3mg (14.79%), Magnesium: 56.88mg (14.22%), Vitamin B6: 0.27mg (13.58%), Potassium: 452.97mg (12.94%), Vitamin B1: 0.18mg (11.86%), Vitamin E: 1.53mg (10.22%), Fiber: 2.39g (9.55%), Vitamin B5: 0.92mg (9.16%), Folate: 32.99µg (8.25%), Vitamin C: 4.07mg (4.93%), Vitamin A: 143.02IU (2.86%)