



Lamb Korma



Gluten Free



Popular

READY IN



180 min.

SERVINGS



6

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 cloves whole (or)
- ☐ 1 Tbsp peppercorns black (or 4 teaspoons ground pepper)
- ☐ 5 cardamom pods green (or)
- ☐ 1 Tbsp coriander seeds (or)
- ☐ 1 teaspoon cumin seeds ()
- ☐ 5 Tbsp canola oil light
- ☐ 3 medium onions yellow roughly chopped
- ☐ 2 garlic cloves crushed

- ☐ 1 Tbsp ginger grated
- ☐ 2 teaspoons turmeric
- ☐ 1 teaspoon paprika
- ☐ 1 stick cinnamon
- ☐ 4 canned tomatoes whole very ripe peeled cut into 1-inch chunks or 1 28-ounce can , tomatoes, cut in quarters
- ☐ 2.5 pounds lamb shoulder boneless cut into 1-inch chunks
- ☐ 2.5 cups water
- ☐ 1.3 cups full fat yogurt plain greek style (can use)
- ☐ 6 servings salt

Equipment

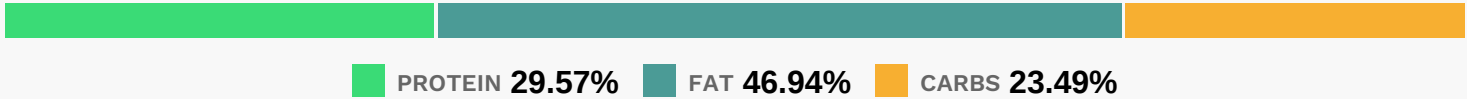
- ☐ pot
- ☐ mortar and pestle

Directions

- ☐ Grind and crush the spices: Using a mortar and pestle, grind the cloves until fine.
- ☐ Add the peppercorns and grind them roughly.
- ☐ Add the cardamom pods and crush them with the cloves and peppercorns.
- ☐ Heat the oil over medium-low heat in a large, thick-bottomed pot with a lid.
- ☐ Add the chopped onions and cook, stirring often, until golden, about 10 minutes.
- ☐ Add the turmeric to the onions, and stir to coat.
- ☐ Add the cumin, coriander, paprika and cinnamon. Stir in the ground cloves, cardamom, and peppercorns.
- ☐ Add the crushed garlic and the grated ginger. Cook for 2 minutes.
- ☐ Add the tomatoes (with their juices) to the pot and bring to a simmer. Cook for 4 minutes.
- ☐ Add the lamb pieces to the pot, stir to coat with the spices, onions and tomatoes, and let cook for 4 minutes.
- ☐ Stir in the water and yogurt and mix well.

- ☐ Add salt to taste. Cover the pot, bring to a simmer and reduce heat to a very low simmer. Cook very gently for 2 hours or more, stirring every 15 minutes or so. The stew should cook at a bare simmer until the lamb is very tender.
- ☐ Serve with basmati rice and/or flatbread.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:2.01, Inflammation Score:-10, Nutrition Score:27.408260568329%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 12.55mg, Quercetin: 12.55mg, Quercetin: 12.55mg, Quercetin: 12.55mg

Nutrients (% of daily need)

Calories: 382.72kcal (19.14%), Fat: 20.57g (31.65%), Saturated Fat: 5.17g (32.32%), Carbohydrates: 23.16g (7.72%), Net Carbohydrates: 17.55g (6.38%), Sugar: 11.51g (12.79%), Cholesterol: 83.28mg (27.76%), Sodium: 702.65mg (30.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.16g (58.33%), Manganese: 1.28mg (63.92%), Vitamin B12: 3.38µg (56.34%), Vitamin B3: 9.36mg (46.82%), Selenium: 29.32µg (41.89%), Zinc: 6.02mg (40.15%), Vitamin C: 30.94mg (37.51%), Phosphorus: 357.14mg (35.71%), Iron: 6.06mg (33.67%), Potassium: 1116.05mg (31.89%), Vitamin B2: 0.53mg (31.41%), Vitamin B6: 0.61mg (30.56%), Fiber: 5.6g (22.42%), Magnesium: 86.89mg (21.72%), Calcium: 214.28mg (21.43%), Vitamin B1: 0.32mg (21.41%), Copper: 0.42mg (21.18%), Vitamin E: 2.51mg (16.72%), Folate: 65.72µg (16.43%), Vitamin B5: 1.5mg (15.03%), Vitamin K: 13.35µg (12.72%), Vitamin A: 555.13IU (11.1%)