

Keema (meat) and Peas Recipe

Ingredients

- 500g minced lamb
- 1 medium onion, finely sliced
- 1 green thin chilli, finely chopped
- 1 inch fresh ginger, finely chopped
- 5 small garlic cloves, finely crushed
- 5 whole cloves
- 1 level tablespoon of whole black peppercorns
- 2 inch piece cinnamon
- 1 teaspoonful turmeric
- 1 teaspoonful salt
- 3 teaspoonfuls sugar
- 2 teaspoonfuls cumin
- 1 teaspoonful coriander
- 1 teaspoonful garam masala
- 1 teaspoonful of lemon juice
- 1 pack fresh coriander leaf
- ½ tin chopped tomatoes
- Handful of frozen peas
- 3 tablespoonfuls oil
- ½ cup boiling water

Method

1. Put the garlic, chillies and ginger into a pestle and mortar and pound to a paste (you can add a little coarse salt and a drizzle of oil to make this easier). Alternative, blitz in a food processor.
2. Heat a frying pan on a medium-high heat
3. Add the lamb and brown
4. When the lamb is browned, drain off any excess fat and set the lamb aside, covered
5. Put the pan back on a medium heat and add the oil
6. Add the cloves, peppercorns and cinnamon
7. Cook until they are really fragrant, but not burnt
8. Remove the cloves, peppercorns and cinnamon but keep the oil in the pan (drain through sieve if easier)
9. Add the chopped onion to the flavoured oil and fry until brown, but not burnt
10. Add the browned lamb and stir well
11. Add the garlic, chilli and ginger and stir well
12. Add the turmeric, salt, sugar, cumin, coriander and garam masala and stir well
13. Add the water and stir well
14. Take to a high simmer and add tomatoes, peas, lemon juice and half the fresh coriander and fold in
15. Turn heat off and cover. Leave for at least 2 hours or until ready to eat (the longer you leave it the nicer it is)
16. Reheat and serve, garnishing with the remainder of the fresh coriander

At step 12, the cooked dish will keep in the fridge for 2 days or in the freezer for about a month. Ensure you defrost thoroughly before reheating.