

Indian Lamb Vindaloo

1 1/2	lb.	lamb shoulder, trimmed of fat and cubed into 1-inch pieces	1	tsp	paprika
3	cups	onions, chopped	1	tsp	ground cumin
1 1/2	cups	tomatoes, seeded	1	tsp	ground coriander
2 1/2	Tbs	white vinegar	2	Tbs	pepper, seeded and minced
3	cloves	garlic chopped	1 1/2	lbs.	Yukon Gold potatoes, cubed
2	tsp	fresh ginger, grated or minced	1 1/2	cups	chicken broth
1	tsp	tomato paste			Salt and black pepper to taste
2	tsp	garam masala blend of spices often used in Indian cooking			
2	tsp	ground turmeric			

- 1 This is a super spicy Indian curry dish. You may substitute, beef, chicken or pork if desired.
- 2 Blend first 12 ingredients in a food processor until a paste form.
- 3 Add the paste to a large sauté pan and cook, stirring occasionally, about 3 minutes.
- 4 Add lamb and potatoes and sauté for another 5 minutes.
- 5 Add broth and bring to a boil.
- 6 Reduce heat to medium low, cover and simmer until potatoes are tender, stirring occasionally, about 15 minutes.
- 7 Uncover and simmer until lamb is cooked through, about 15 minutes longer.
- 8 Season with salt and pepper to taste. If you like it blazing hot you can add more habanero if desired

Servings: 44
Yield: 4

Degree of Difficulty

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Cooking Times

Preparation Time: 15 minutes
Cooking Time: 35 minutes

Nutrition Facts

Serving size: 1/44 of a recipe (1.9 ounces).
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information calculated from recipe ingredients.



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◀ Back |

Amount Per Serving	
Calories	46.87
Calories from Fat (30%)	14.03
% Daily Value	
Total Fat 1.57g	2%
Saturated Fat 0.37g	2%
Cholesterol 10.01mg	3%
Sodium 51.19mg	2%
Potassium 137.3mg	4%
Total Carbohydrates 4.43g	1%
Fiber 0.7g	3%
Sugar 0.85g	
Protein 3.84g	8%

