

# The legendary Indian lamb curry recipe from the La Coupole



**The famous Indian lamb curry, since 1927.**

## **Ingredients for 6 people:**

- 3.5 kg lamb meat from shoulder or leg
- 10 cl sunflower oil
- 3 Golden Delicious apples
- 1 banana, sliced
- 1 tsp curry powder
- 1 tsp mild paprika
- 30 g shredded coconut
- 3 cloves of garlic, chopped
- 250 g onions, finely chopped
- ½ tbsp coarse salt
- 20 g flour
- 50 cl lamb stock
- 200 g tomatoes
- 50 g curly parsley
- 500 g Basmati rice
- 50 g butter
- Bouquet garni
- Mango chutney, chili and achars (Indian Pickles)

**Method:**

**1** Cut the lamb in pieces and brown for five minutes with one sliced apple and the banana. Add the onions and garlic.

**2** After five minutes, add the curry powder, paprika and coconut. Stir and sprinkle with the flour. Add water or clarified lamb stock to cover.

**3** Add the bouquet garni, season with salt and leave to cook over low heat for 1 to 1.5 hours.

**4** Remove the meat from the sauce. Blend the sauce until smooth then return the lamb pieces to the pot. Let simmer slowly for 30 minutes.

**5** Serve the lamb with diced apples sweated in butter, crushed tomatoes, chopped parsley and Basmati rice, without which the curry would be hopelessly incomplete.

**6** The mango chutney, chili and achara (Indian Pickles) are served as condiments in small bowls in keeping with tradition.