

INDIAN LAMB WITH ONIONS

Kaliya

- 3 tablespoons vegetable oil
 - 2 small onions (or 1 large – about 9 ounces total weight)
 - 1 1- to 2-inch piece fresh ginger
 - 6 cloves garlic
 - 2 hot green chilies (such as serrano)
 - 1 14½-ounce can of chopped tomatoes, with juice
 - 1 6-ounce container of plain yogurt (low fat is okay)
 - 1 teaspoon ground roasted cumin seeds (see note A)
 - 1 teaspoon salt
 - 1½ pounds boned shoulder of lamb, cut into 1½-inch chunks
 - 1 teaspoon garam masala (Indian spice mixture – see note B)
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- 1. Put oil in 5-quart or larger pressure cooker; do not heat yet.
 - 2. Peel onions and slice into thin rings; cut rings in half (cut in quarters if using one large onion); add to pressure cooker.
 - 3. Peel ginger and slice thinly, then cut slices into matchstick pieces; cut in half or quarters lengthwise and add to pressure cooker.
 - 4. Peel and finely chop garlic; add to pressure cooker.
 - 5. Thinly slice chilies; do not remove seeds; add to pressure cooker
 - 6. Add tomatoes and their juices, yogurt, ground cumin, salt, and lamb to pressure cooker and mix well.
 - 7. Cover and lock pressure cooker; cook over medium heat for 5 minutes, then turn heat to high and bring to high pressure; reduce heat and cook for 15 minutes more, adjusting heat as necessary to maintain high pressure.
 - 8. Remove from heat and reduce pressure by quick release method; add the garam masala and stir it in.
 - 9. Return pan to stove and cook uncovered over high heat for about 10 minutes, stirring gently until the sauce is reduced and quite thick.
 - 10. Serve with plain basmati rice.

Notes:

- A. Roast cumin seeds in a small, heavy skillet until they are just lightly browned and fragrant, about 5 minutes; grind with a mortar and pestle or in a spice grinder until reduced to a fine powder.
- B. Gram masala, which in Urdu means “hot paste,” is a mixture of many different spices (don’t confuse it with western-style “curry powder”). There are significant variations in the blend from region to region. If you don’t have an Indian market near you, you may be able to find it in the spice section of your supermarket (Spice Islands makes a good version), or you can make your own from any of the numerous recipes available on the Internet.