

# JAMAICAN CURRIED LAMB OR GOAT ( FOR 6 )

## INGREDIENTS:

800g diced leg of lamb, mutton or goat  
1 large chopped onion  
2 tablespoons Caribbean curry powder  
2 crushed garlic cloves  
5 cm piece of root ginger ( grated )  
1 deseeded & chopped Scotch bonnet pepper  
Salt and pepper  
300ml hot water  
Cinnamon stick  
Oil for marinating and browning



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## METHOD:

Mix the lamb with the curry powder, onion and a little oil.

Place in a bowl, cover with cling film and refrigerate overnight or for a minimum of 1 hour.

Heat a little oil in a pan. Scrape the onion off the lamb and set to one side.

Brown the meat in batches until well coloured, then add the onion, scotch bonnet, garlic, ginger and seasoning. Fry for 5 minutes until the onion is soft.

Add the cinnamon and water. Stir, cover and simmer for 1 hour.

Check the pan half way through and add more water if needed to stop the mixture from drying out.

Check the seasoning and consistency to ensure a rich, thick sauce and tender meat. Reduce the sauce by further boiling if necessary.

Service with rice and peas and a green salad.