

New Style Bunny Chow

From *Reza's Indian Spice* on Talking of Food. Serves 4

Ingredients

500g	lean lamb, <i>cut into 5 cm cubes</i>
	salt
1 tsp	ground turmeric
25ml	mustard oil (optional)
100g	ghee or vegetable oil
4	onions, <i>thinly sliced</i>
4–6	dried chillies
6	cloves
3	black cardamom pods
4	green cardamom pods
1 tsp	black mustard seeds
1 tsp	cumin seeds
½ tsp	fennel seeds
½ tsp	nigella seeds
¼ tsp	fenugreek seeds
pinch	asafoetida
4–6 cloves	garlic, <i>crushed</i>
5cm piece	ginger, <i>grated</i>
1 tsp	gur (sugar molasses, optional)
	juice of 1 lime
4	brioche buns to serve

Method

Put the meat into a saucepan with a tight-fitting lid. Pour in just enough water to cover the meat and bring to the boil. Skim any scum from the surface, then add salt to taste and the turmeric. Cover, reduce the heat, then simmer until most of the liquid has been absorbed and the meat is tender—this will take 45 minutes to one hour. Remove the meat with a slotted spoon, reserving any remaining liquid.

In a separate pan, heat the mustard oil, if using, with the ghee or oil. Once the oil begins to smoke, add the onions and fry until golden brown, then remove with a slotted spoon and drain on kitchen paper. Add the whole dried chillies to the remaining oil in the pan and fry until they blacken, then remove the pan from the heat and discard the chillies. Return the oil to the heat once again, then add the cloves and both types of cardamom pods, allowing them to sizzle for a few seconds. Now add the mustard, cumin, fennel, nigella and fenugreek seeds and the asafoetida. Once the seeds begin to crackle and pop, add the garlic and ginger. Stir-fry for a minute, then add the cooked meat with the chilli powder and sugar molasses, if using. Stir-fry for a further few minutes, adding the leftover meat stock, if there is any.

Add lime juice with 2 tbs water and simmer over a low heat until all the moisture has evaporated and only the ghee remains on top.

Serve in a hollowed out brioche bun, sprinkled with the fried onions, or, if you prefer, leave out the brioche buns and serve with chapatis.