

Indian Lamb and Sweet Pepper Fry

Tools Cooks Love | February 2008



Make sure your spices are fresh, which gives maximum flavor to this simple skillet meal. Serve it with naan bread and salad.

START TO FINISH: 40 MINUTES

- 1 TBSP. GROUND CORIANDER
- 1/2 TSP. GROUND CUMIN
- 1/4 TSP. CAYENNE PEPPER
- 1/8 TSP. GROUND TURMERIC
- 1/8 TSP. GROUND CINNAMON
- 1/8 TSP. GROUND CLOVES
- 2 TBSP. WATER
- 3 TBSP. COOKING OIL, DIVIDED
- 1 LARGE YELLOW OR ORANGE SWEET PEPPER, CUT INTO CHUNKS
- 2 CUPS THINLY SLICED ONION
- 1 TSP. MINCED GARLIC
- 1 TSP. GRATED FRESH GINGER
- 1 TSP. MINCED CHILI PEPPER (SUCH AS SERRANO, THAI, OR JALAPEÑO)
- 2 1/4 LB. LEG OF LAMB, TRIMMED OF FAT AND CUT INTO 3/4-INCH CUBES
- 1/2 TSP. SALT
- 1/2 TSP. FRESH LEMON JUICE
- 2 TBSP. SNIPPED FRESH CILANTRO (OPTIONAL)

Combine coriander, cumin, cayenne, turmeric, cinnamon, and cloves with water to form a paste; set aside. In a large chef's pan, Indian wok, or skillet heat 1 tablespoon of the oil over medium-high heat. Stir-fry the sweet pepper in hot oil for 3 to 4 minutes or until crisp-tender. Remove sweet pepper from pan; set aside.

In same pan, cook onion in remaining 2 tablespoons oil over medium-high heat for 4 to 5 minutes or until browned. Add garlic, ginger, and chili pepper; cook and stir for 1 minute. Stir in spice mixture. Add lamb and salt; stir-fry until lamb is cooked through (10 to 12 minutes). Stir in cooked sweet pepper; heat through.

Stir in lemon juice and remove from heat. Garnish with chopped cilantro, if desired. Makes 6 servings.

Per serving: 373 cal., 26 g fat (9 g sat. fat), 90 mg chol., 177 mg sodium, 8 g carbo., 1 g fiber, 26 g pro.

COOK: Maya Kaimal TOOL: Chef's Pan

Maya Kaimal has written cookbooks on Indian food and is the founder of Maya Kaimal Fine Indian Foods, which makes all-natural simmer sauces, chutneys, and more. Find her products at igourmet.com, Williams-Sonoma stores, and other specialty food stores.

Maya likes the All-Clad Copper Core Chef's Pan. Its five layers of bonded metals make it a great heat conductor, and it looks gorgeous as well. The 4-quart pan comes with a lid. \$345; surlatable.com. She also uses the Calphalon Indian Wok for her Indian stir-fries. \$125; williams-sonoma.com.