



# Lamb curry

食谱作者 V-ZUG 瑞族



制备过程	30 分钟
烘烤的时间	2 小时
时间取决于机器	
份	4
电器	Combair-Steam SL 自 2015 年

## Preparation

1 tbsp clarified butter

800 g stewing lamb, e.g. shoulder

1 tsp salt

Pepper, freshly milled

Heat the clarified butter in the casserole until hot. Dab the meat dry and sear well in two batches, each for about 4 minutes. Season the meat and set to one side.

1 onion, large

1 clove of garlic

1 clove

1 tomato

1 bay leaf

1 tbsp curry powder, hot, e.g. Madras

1 tbsp curry powder, mild

1 dl white wine, dry

1½ dl vegetable bouillon

½ pear

½ apple

½ banana

Peel the onion, halve and cut into fine strips. Peel the garlic, halve and remove the germ. Wash and finely dice the tomato.

Wash, core and coarsely grate the pear and apple. Finely slice the banana.

Heat a knob of clarified butter in the casserole. Sauté the onion over a reduced heat. Add and sauté the garlic, clove, tomato and bay leaf.

Add both curry powders and deglaze with white wine. Bring to the boil until the white wine is reduced.

Pour in the stock and bring briefly to the boil. Stir in the fruit.

Add the lamb to the curry in the casserole and stir well.





Put the casserole with lid on the wire shelf in the cold cooking space. Cook.  
在 湿热风 期间为 **150 2** 小时°C

## 小费

---

Serve with: basmati rice and poppadoms (thin, round flatbread made from lentil flour, available from larger food shops).

## 配件

---

Ovenproof casserole, ø26 cm

Wire shelf

## 附加信息

---

创建时间 11.12.2019

