

# Indian Lamb Curry

An old recipe from a family friend, Van Canon, c. 1955



**1 large leg of lamb**  
**3 teaspoons salt**  
**3 1/2 tablespoons curry powder, or more to taste**  
**2 tablespoons ghee, or unsalted butter**  
**15 ounces coconut milk**  
**2 cups lamb broth, from the lamb bone**  
**2 cups hubbard squash, peeled, chopped, or use acorn squash or eggplant**  
**1/4 cup lemon juice**  
**8 medium onions, finely chopped**  
**3 whole garlic cloves, minced**  
**1/4 cup vegetable oil**  
**1 cup evaporated milk**  
**1 tablespoon sugar**  
**8 medium Granny Smith apples, peeled, chopped**  
**1/3 cup raisins, either black or golden**  
**1/2 cup shredded coconut meat, unsweetened**  
**For serving: fluffy basmati rice**

*Per Serving (excluding unknown items): 308 Calories; 18g Fat (51.4% calories from fat); 5g Protein; 34g Carbohydrate; 7g Dietary Fiber; 12mg Cholesterol; 711mg Sodium; 22g Total Sugars; trace Vitamin D; 96mg Calcium; 2mg Iron; 538mg Potassium; 136mg Phosphorus. Exchanges: 0 Grain(Starch).*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**

## Servings: 12

1. Cut meat off the bone, discarding larger pieces of fat. Set aside the meat.
  2. In a stock pot add water to cover the lamb bone and cook for a few hours, covered. You want to have at least 3 cups of broth. You may add some celery, onion and carrot to the mixture if you have it.
  3. Cut the meat into bite-sized pieces. Sprinkle the meat with salt, pepper and all the curry powder and use your hands to massage the seasonings into all sides of the chopped lamb.
  4. Melt ghee (or butter) in a large, heavy pot. Add onions first, saute over medium heat for about 10 minutes, then add garlic. Continue cooking for one minute only. Don't allow the mixture to brown. Remove mixture to a bowl and set aside.
  5. Add oil to the same pot and brown the meat in batches (if you crowd it, the meat will steam rather than brown). Once all the meat has been browned, add the onion mixture, coconut milk, lamb broth, evaporated milk and sugar. Bring to a boil, reduce heat and simmer mixture for about 30 minutes.
  6. Add apples, squash, raisins, coconut, lemon juice, and cook for about 2 hours, covered. Taste for seasonings. This is best if made the day before and reheated. Serve with lots of condiments. Mixture freezes well.
- CONDIMENTS: (this is a list of 30) in my order of importance: chopped fresh pineapple, coconut shreds, peanuts or cashews, chopped egg white and yolks, green onions, fruit chutney and crumbled bacon. Other condiments may include: chopped avocado, chopped celery, chopped green or red bell pepper, chopped tomatoes (no seeds), diced mushrooms, french fried onions (the canned ones), chopped black olives, minced candied ginger, guava jelly, toasted coconut, watermelon pickles, sweet pickle relish, canned mandarin oranges, chopped pimiento, sour cream (or yogurt), stuffed olives, capers, cocktail onions, golden raisins (plumped in warm water and drained), kumquats, fresh chopped papaya, sour cream or yogurt mixed with grated zucchini and lastly sour cream or yogurt with cardamom mixed in.