

Lamb Curry

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No time to bake? Enjoy lamb in a quick stir-fry that's full of Indian curry and spice.

Ingredients:

1 tablespoon olive oil
2 cups boneless lamb, cubed
1 medium onion, chopped
2 cups chicken broth
1 clove garlic, minced
2 tablespoons all-purpose flour
1 tablespoon butter
1 tablespoon vegetable oil
2 teaspoons curry powder
½ teaspoon ground cumin

Directions:

- 1) Heat olive oil in a large skillet over medium-high. Add lamb and cook until browned on all sides, turning occasionally, about 6 minutes.
- 2) Add onion to skillet; cook until softened, about 4 minutes, stirring. Add garlic and cook 1 minute. Add flour, butter, vegetable oil, curry, and cumin; cook until fragrant, whisking to mix, about 2 minutes.
- 3) Add broth and bring to a boil over high heat; reduce to a simmer and cook until lamb is cooked through, about 15 minutes. Serve warm.