



Lamb Vindaloo shared by: Kol Simcha Farm

- 3 Tbsp grainy mustard
- 1 Tbsp ground cumin
- 1 ½ tsp ground turmeric
- ½-1 tsp Cayenne pepper
- 2 tsp salt
- 2 tsp balsamic vinegar
- 1/3 cup vegetable oil
- 2 small onions cut into half rings
- 12 cloves garlic, crushed
- 2 ½ lbs lamb cut into 1" cubes
- 1 1/3 cups canned coconut milk, well stirred

Combine mustard, cumin, turmeric, cayenne, salt and vinegar in a cup and mix well.

Put oil in a large, non-stick frying pan and set over medium-high heat. When oil is hot, add onion. Stir-fry onion until it is medium brown. Add garlic and stir fry for 30 seconds. Add spice paste and mix well for one minute. Add meat and stir for about 3 minutes. Add coconut milk and 1 cup water, cover and bring to a boil. Lower heat to a simmer and cook for 60-70 minutes until meat is fork tender. Serve with rice.

