

Not Just Bollywood Rogan Josh*, Naan Bread + Crisp Coolers

*(Lamb or Squash and Sweet Potato)

To eat:

Lamb Rogan Josh | Prep: 20mins Cooking: 2hr 30mins

Ingredients:

- 2 tbsp butter
- 1 cinnamon stick
- 3 cardamom pods, lightly crushed in a pestle and mortar
- 2 clove
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 2 tsp ginger, grated
- 3 tbsp tomato puree
- 1/2 tsp salt
- 400g boneless lamb shoulder, diced into 3cm pieces
- 200ml chicken stock
- 75g plain or greek Yoghurt
- Handful fresh coriander leaves
- 120g basmati rice, cooked as per packet instructions

Spices

- 1 tbsp paprika
- 1/2 tsp chilli powder (or cayenne pepper)
- 2 tsp ground coriander
- 2 tsp ground cumin
- 1 tsp ground turmeric
- 1/4 tsp ground nutmeg
- 1/2 tsp garam marsala
- 1/4 tsp fennel seeds, ground in pestle and mortar

Instructions

1. Melt the butter over medium heat in a large, heavy bottomed pot.
2. Add cinnamon, cardamom and cloves and cook for 1 minute
3. Add the onion and cook for 6-8 minutes, stirring frequently, until softened and golden
4. Add the garlic and the ginger and cook for 1 minute
5. Stir in the spices and cook for 30 seconds
6. Stir in the tomato puree and a pinch of salt
7. Add the stock, gradually at first to combine and then add the rest
8. Add diced lamb, bring to the boil then reduce to a simmer
9. Place lid on and reduce heat to low
10. Leave to cook gently for 1 hour 45 minutes, stirring occasionally, until the lamb is tender (you're looking for the lamb to pull apart easily using two forks)
11. Remove the lid, increase the heat to medium and cook for a further 15-20 minutes, or until the sauce has reduced slightly.

Whilst sauce reduces, follow Naan Bread recipe

12. Stir in the yoghurt and cook for a couple of minutes
13. Serve with basmati rice, fresh coriander leaves and naan bread

Squash & Sweet Potato Rogan Josh | Prep: 20mins Cooking: 1hr 30mins

Follow recipe and instructions as above, but swap 400g lamb shoulder for 200g butternut squash and 200g sweet potato (diced into 3cm pieces).

Then, instead of putting the lid on and cooking for 1 hour 45 minutes, leave the lid off and cook for 45 minutes - allowing the sauce to simmer away so it reduces slowly whilst it cooks. **15-20 minutes before it's done, follow the Naan Bread recipe**

Easy, No Yeast Naan Bread | Prep: 10mins Cooking: 10mins

- 125g Plain Flour
- 125g Plain or Greek Yoghurt
- 1 tsp Baking Powder
- Pinch salt
- 2 tbsp Butter
- 1 Garlic Clove, minced
- Handful chopped coriander

Instructions

1. Mix all ingredients together in a large bowl
2. Knead for 1-2 minutes in the bowl until fully combined into a soft, sticky dough. If it seems too wet, add a little extra flour.
3. On a clean, floured surface divide the dough into 2 large or 4 smaller pieces.
4. In a saucepan, melt the butter over a low heat. Add the garlic and coriander. Stir gently to infuse flavours together. Turn off the heat, but keep on hob so that the butter stays melted.
5. Roll out using a rolling pin to roughly 1-2cm thick
6. Heat a large frying pan until smoking hot
7. Without using any oil, cook each naan bread one at a time for 1-2 minutes on each side. It'll puff up and bubble. Keep an eye on it to make sure it doesn't burn
8. Remove from the pan and brush with melted garlic and coriander butter.
9. Serve alongside Rogan Josh and enjoy

To drink:

Crisp Coolers | Prep: <5mins Cooking: <5mins

You're Rait-up My Street

- 50ml Gin, or Vodka
- 25ml Fresh Lime Juice
- 20ml Sugar Syrup (see recipe below)
- 4-6 Fresh Mint Leaves
- Splash Soda Water
- 2 inch piece Cucumber, roughly chopped

Instructions

1. Add cucumber and mint to a cocktail shaker (or NutriBullet beaker, or Tupperware with a secure, airtight lid) and crush them using a muddler or the back of a spoon.
2. Add remaining ingredients (starting with the sugar syrup, then the lime juice and then the gin/vodka. This way, if you make a mistake you haven't wasted your booze!)
3. Fill shaker, beaker or container with ice and put the 'lid' on.
4. Shake vigorously for 30 seconds.
5. Strain into a hi-ball glass filled with ice (if you don't have cocktail equipment here, pour the contents into your finest meshed sieve. Just be careful not to spill any!)
6. Top with soda water and stir
7. Garnish with a mint sprig and a cucumber slice, and enjoy.

Sugar Syrup Recipe

- 2 tbsp Caster Sugar
- 2 tbsp Boiling Water

(To make more, for several drinks just mix equal parts boiling water and sugar).

Instructions

1. Mix sugar and boiling water together in a mug until the sugar's fully dissolved

2. Leave to cool before using in cocktail

I'll Never Let My Man Go, Lassi!

- 50ml Gin, or Vodka
- 25ml Fresh Lime Juice
- 50ml Innocent Mango Smoothie (or similar Mango Juice / Smoothie)
- Pinch Ground Cinnamon

Instructions

1. Add all ingredients to a cocktail shaker (or NutriBullet beaker, or Tupperware with a secure, airtight lid)
2. Fill shaker, beaker or container with ice and put the 'lid' on.
3. Shake vigorously for 30 seconds.
4. Strain into a wine glass filled with ice (if you don't have cocktail equipment here, pour the contents into your finest meshed sieve. Just be careful not to spill any!)

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