



Mutton Curry with dried fruit (Serves 4)

75g Dried apple rings, chopped with MINCER
75g Dried apricots
50g Prunes, pitted
300ml Water
30ml Oil
100g Onion, finely chopped with MINCER
100g Onion, thinly sliced
2 garlic cloves, crushed in GRINDER
5ml Peeled and finely chopped fresh ginger in GRINDER
10 ml Garam masala
15ml Medium curry powder
2ml Dried thyme
5ml Cumin seeds, crushed in GRINDER
1kg Stewing lamb, cubed
45ml Flour
500ml Mutton or beef stock
50ml Peach chutney

Soak dried fruit in water for two hours or microwave, covered on 100% power for 5 minutes. Leave to stand for 10 minutes. In a casserole dish place oil, onion, garlic and ginger. Microwave on 100% power for 1 minute. Stir in lamb, microwave on 100% power for 6 minutes, stirring twice. Stir in flour, stock and chutney. Cover and microwave on 50% for 40 minutes. Stir in dried fruit. Cover, microwave on 50% power until meat is tender for 45minutes. Leave to stand for 30 minutes. Serve with rice, puppodums, chutney and diced fruit.