

## Lamb and Potato Vindaloo

By Chef #246752 on June 04, 2008



1 Reviews



Prep Time: 15 mins

Total Time: 2 1/4 hrs

Servings: 4

### About This Recipe

"I found this recipe on the Idaho Potato Commission website. I've only made it once but it was really yummy. Vindaloo is a type of Indian curry and uses several different spices. If you do not have some of these spices they are easy to find at a neighborhood grocery store. Serve over rice."

### Ingredients

- 1/4 cup chopped peeled fresh ginger
- 6 large garlic cloves
- 3 tablespoons vegetable oil
- 1 1/2 teaspoons paprika
- 1 1/2 teaspoons ground cumin
- 1 teaspoon turmeric
- 1 teaspoon ground coriander
- 1/2 teaspoon dry crushed red pepper
- 1/2 teaspoon ground cardamom
- 1/4 teaspoon ground cloves
- 3 3/4 lbs lamb shoulder (round bone) or 3 3/4 lbs lamb chops, fat trimmed, boned, cut into 1 1/2-inch pieces
- 2 onions, chopped
- 1 cup canned tomato puree
- 1/4 cup plain yogurt
- 1 tablespoon white wine vinegar
- 5 cups water
- 2 medium russet potatoes, peeled and cut into 1 1/2-inch pieces ( idaho)
- 3 tablespoons fresh cilantro, chopped

### Directions

1. Combine ginger, garlic, 2 Tablespoons vegetable oil and next 7 ingredients in processor. Puree until paste forms.
2. Heat remaining 1 Tablespoon of oil in heavy large pot over medium high heat. Add half of lamb. Sauté until brown, about 8 minutes. Using slotted spoon, transfer lamb to bowl. Repeat with remaining lamb. Add onions and spice paste to pot. Sauté until onions are tender, about 8 minutes.
3. Return lamb to pot. Add tomato puree, yogurt and vinegar. Simmer over medium heat until sauce is thick, stirring occasionally, about 15 minutes. Add 5 cups water. increase heat and bring to boil. Reduce heat to medium. Gently simmer uncovered until lamb is almost tender, about 50 minutes.
4. Add potatoes; cover and simmer until potatoes and lamb are tender, stirring occasionally, about 35 minutes. Season to taste with salt and pepper. Transfer to serving bowl. Sprinkle with cilantro.

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