



METHI GOSHT

Traditional Recipe

*A Hearty & Aromatic lamb curry
With Fenugreek and Warm Spices*



PREP TIME
20 mins



COOK TIME
Varies for different
cook methods



SERVES
2-4



SPICE LEVEL
MEDIUM
Adjust to taste



DIFFICULTY
EASY - MEDIUM

PERFECT FOR



PRESSURE
COOKER
40-60
MINUTES



HOB
2½-3 HOURS



SLOW
COOKER
6-8 HOURS ON
LOW SETTING

Ingredients

- 1kg lamb or beef, cut into bite-sized pieces
- 1/2 cup fresh fenugreek leaves (methi), chopped
- 2 medium onions, finely chopped
- 2 cloves garlic, crushed
- 1 teaspoon ground cumin
- 2 teaspoon ground coriander
- 1 teaspoon turmeric
- 1/2 teaspoon cayenne pepper
- 1 400g tin of tomatoes (chopped)
- 2 tubs of tomato puree
- 2 tablespoons ghee or vegetable oil
- For 1kg of lamb, 400-500ml water (be careful not to add too much)
- Salt, to taste
- Fresh coriander (cilantro), for garnish

★ STEVIE'S NOTES

- ✓ *Lamb shoulder gives the best flavour and texture*
- ✓ *Pressure cooking saves around 45 minutes*
- ✓ *Tastes even better the next day!*
- ✓ *Serve with Naan, Roti and Steamed Rice*

Traditional Hob Method

1. Prep and measure all ingredients before cooking.
2. Brown the meat in ghee or oil for 4-5 minutes, then set aside.
3. Soften the onions, then add the garlic and cook briefly.
4. Stir in the spices and cook for 30 seconds until fragrant.
5. Return the meat and add methi, tomatoes, puree, water, and salt.
6. Simmer gently for 2½-3 hours until tender and thickened.
7. Garnish with coriander and serve with rice, naan, or chapatis.

Why Methi ?

*Fenugreek leaves add a unique earthy
bitterness that balance the the
richness of the lamb and deepens the
flavour*



Curry Academy

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