



National Curry Week

Kangaroo Rogan Josh

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Kangaroo Rogan Josh Curry

For the rogan josh paste

- 1 bunch fresh coriander, stalks and leaves separated
- 1 red chilli, seeded and roughly chopped
- 2 tsp coriander seeds, toasted and ground
- 1 tsp cumin seeds, toasted and ground
- 1 tsp black peppercorns, roughly ground
- 2 tsp paprika
- 1 tsp turmeric
- 2 tsp garam masala
- 2 tbsp tomato purée

Making the Curry

- 4 x 250g Kangaroo Diced
- 1 tbsp groundnut oil
- 5cm/2in cinnamon stick
- 5 cardamom pods, lightly crushed
- 3 dried bay leaves
- 4 cloves
- 1 onion, roughly chopped
- 2 garlic cloves, peeled and crushed
- 1 thumb-sized piece fresh root ginger, peeled and finely grated
- 100g/3½oz fat-free natural yoghurt

Method

1. To make the paste, in a mixer, blend together the coriander stalks, red chilli, ground spices and salt. Mix in the tomato purée.
2. To cook the Kangaroo heat the oil in a large heavy-based casserole. Fry the cinnamon stick, cardamom pods, bay leaves and cloves for 2 minutes. Add the onion and the diced Kangaroo and fry for 4-5 minutes, stirring. Add the garlic and ginger and fry for 2 minutes.
3. Add the spice paste and fry for another 2 minutes, stirring
4. Add 400ml/14fl oz water, then cover with a lid and simmer for 40-50 minutes, until cooked. Stir in the yoghurt and cook for 10 minutes. Serve with rice & garnished with the fresh coriander leaves.