

Lamb Curry

5 lbs lamb, medium dice
1/3 cup curry powder (see recipe)
2 large onions, medium dice
1/2 cup canola oil
salt as needed
2 qts tomatoes in their juices
1 cup red wine
1/2 cup solera Cabernet vinegar
1 cup heavy cream
1/2 cup minced cilantro

1. Combine lamb, curry powder, onion and grapeseed oil.
2. Season with salt and allow to marinate for a spell.
3. Sear lamb and onions in heavy pan until well browned.
4. Add tomatoes, wine and vinegar and scrape up any tasty bits.
5. Reduce heat and simmer until lamb is tender.
6. Add heavy cream and cilantro. Stir until fas has emulsified into the stew.
7. Adjust seasoning with salt if needed.