

Taste the Hills

Recipes and Tips

Kashmiri koftas

Madhur Jaffrey

Serves 6:

2lb (900g) minced lamb
a piece of ginger about 1 1/2 inches (4 cm) long &
1 inch (2.5cm) thick, peeled and finely grated
1 tbsp ground cumin
1 tbsp ground coriander
¼ tsp ground cloves
¼ tsp ground cinnamon
⅓ tsp grated nutmeg
¼ tsp black pepper
⅓ - ¼ tsp cayenne pepper
around 1 ¼ tsp salt
5 tbsp plain yoghurt

7-8 tbsp vegetable oil
A 2inch (2.5cm) stick of cinnamon
5-6 whole cardamom pods
2 bay leaves
5-6 whole cloves
8 fl oz (225ml) warm water

Combine the lamb, ginger, cumin, coriander, ground cloves, ground cinnamon, grated nutmeg, black pepper, cayenne, salt and 3 tablespoons of the yoghurt in a bowl. Mix well.

Wet your hands with cold water and form 24 long kaftan - sausage shapes, about 2 1/2-3 inch (6-7.5cm) long and about 1 inch (2.5cm) thick.

Heat the oil in a large, preferable non-stick frying pan. When hot, put in the cinnamon stick, cardamom pods, bay leaves and whole cloves. Stir for a second. Now put in the koftas in a single layer and fry them on medium-high heat until they are lightly browned on all sides. Beat the remaining yoghurt into the 8 fl oz (225ml) warm water. Pour this over the koftas and bring to a boil. Cover, lower heat and simmer for about half an hour, turning the koftas around gently every 7-8 minutes. By the end of the half hour, no liquid other than the fat should be left in the frying pan. If necessary, turn up the heat to achieve this.

Lift the koftas out of the fat with a slotted spoon. Leave the whole spices behind as well.

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School Road, Craven Arms, Shropshire SY7 9RS

Email: info@shropshirehillsdiscoverycentre.co.uk

Tel: 01588 676060 www.shropshirehillsdiscoverycentre.co.uk

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