



## Braised Lamb Rogan Josh with Dilmah Ceylon Cinnamon Spice Tea and Rice



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Mukul Agarwal

- Sub Category Name  
Food  
Main Courses
- Recipe Source Name  
The Chefs and the Tea Maker - 2010

### Used Teas



t-Series Ceylon  
Cinnamon Spice Tea

### Ingredients

#### Braised Lamb Rogan Josh with Dilmah Ceylon Cinnamon Spice Tea and Rice

- 1 teaspoon Dilmah t-Series Ceylon Cinnamon Spice Tea
- 100g Onions
- 30g Yoghurt
- 5g Red Chilli Powder(deghi Mirch)
- 20g Ginger Garlic Paste
- 450g Lamb Chops
- 5g Black cardamom
- 1 no. Bay Leaf



- 2-3 nos. Cloves
- 5g Green cardamom
- 50g Clarified Butter (Ghee)
- 25g Basmati Rice
- 5g Fresh Coriander
- 1 no Papadam
- 5g Coriander Powder
- 5g Garam Masala Powder
- Rogan Josh

## Methods and Directions

### Braised Lamb Rogan Josh with Dilmah Ceylon Cinnamon Spice Tea and Rice

- In a heavy bottom pan heat up the Ghee.
- Add Bay Leaves, Cloves, Green cardamom, Black cardamom.
- Add sliced Onions and sauté until the Onions are golden brown in colour.
- Add Ginger Garlic paste and sauté.
- Now add Lamb Chops and sauté until the meat is seared on all sides.
- Add Coriander Powder, Garam Masala Powder and Red Chilli Powder.
- Whip the Yoghurt and add in the pan. Cook it slowly covered with a lid until the meat is just done.
- Now add the Ceylon Cinnamon Spiced Tea tied in a muslin cloth. Simmer it until the meat is tender.

### Basmati Rice

- Soak the rice for some time. In a stock Pot take some water and boil it. Add rice and cook it for 10-12 minutes or until the rice is soft. Drain the rice of excess water.

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