

LAMB DHANSAK

The Indian community in the United Kingdom is now in its third generation, with an estimated population of 1,051,800. Dhansak is a popular dish of Persian origin and should be medium to hot in spiciness. Often containing fruit, this version incorporates the Bramley apple.

Preparation time: 10 minutes

Cooking time: 50–55 minutes

Serves 4-6

2 tbsp vegetable oil
2 cloves garlic, sliced
2cm piece root ginger, peeled and chopped
1 green chilli, deseeded and chopped
1 onion, chopped
500g/1lb lamb neck fillet, cubed
225g/8oz sweet potatoes, peeled and cubed
75g/3oz split red lentils
3 tbsp medium curry paste
1 400g can tomatoes
2 tbsp tomato puree
400ml/14 fl.oz water
25g butter
2 tbsp caster sugar
500g Bramley apples, peeled, cored and sliced
1 tbsp tamarind paste (optional)
3 tbsp chopped fresh mint
salt and ground black pepper
basmati rice to serve



The blend of hot spices, sour flavours and lentils make a dhansak a popular curry. Try serving it with basmati rice and a cooling raiita.

1. Heat the oil in a large pan; add the garlic, ginger, chilli and onion and sauté for 5 minutes until the onions are pale and golden. Stir in the lamb, potatoes, lentils and curry paste and cook, stirring occasionally for 3 minutes
2. Add the tomatoes, puree and water and season with a little salt and pepper. Cover and simmer for 30 minutes or until the lamb is tender and the lentils have become soft

3. Whilst the lamb simmers, melt the butter and sugar in a non-stick frying pan. Add the Bramley apple slices and sauté for 4-5 minutes, stirring occasionally until pale and golden. Set aside
4. Stir the Bramley apple slices into the lamb with the tamarind paste and mint. Cover and simmer for a further 5 minutes. Adjust the seasoning to taste. Serve hot with basmati rice

