

Ranger Nick's Sikandari Raan



1 leg of lamb
280g natural yoghurt
2.5cm chopped ginger
6 cloves chopped garlic
1 large onion, roughly chopped
2 tbsps freshly chopped mint
2 - 3 chopped red chillies
4 potatoes, cut into pieces
1 tin coconut cream
6 tbsps raisins/ sultanas

Cooking Method:

Make deep incisions into the leg of lamb from top to bottom all around the bone, about 5cm apart. Blend yoghurt with ginger, garlic, onion, chilli, mint and spice mix until smooth. Rub the mixture over the lamb and force it into the incisions. Leave to marinate overnight.

Place lamb and potatoes into your oven dish and cover both with the yoghurt mixture. Blend the coconut cream with the raisins and nut mix and pour over the lamb and potatoes. Cook for one hour per kilo of meat.

Blender
Cutting board
Sharp knife
Wooden spoon
Measuring spoons
Cook pot
Bowl



This is a wonderful way to roast a leg of lamb. The meat is marinated overnight before being cooked, coated with a yoghurt and cashew nut paste. A very special curried Lamb Roast with potatoes, guaranteed to please your palate.

Feel free to increase the heat by using hotter varieties of chilli.

Watch it on Youtube at <https://youtu.be/MGrnZX1UX6I>