

**OVERALL time: 200 mins**

## Lamb knuckle & parsnip Rogan Josh

There is very little that comes close to Rogan Josh, that standout curry dish of the Kashmir, for belly-pleasing awesomeness. Taking the traditional route and grinding all your own spices the Kashmiri way is a labour of love. Fortunately we've done the hard work for you – our Rogan Josh spice features all the aromatics so treasured in Kashmiri cooking! It gets plenty cold there in winter with fresh veg pretty much limited to winter produce, so things like lamb and turnip curry are a thing in the Kashmir. We like it plenty, but we like the gentler notes of that other winter root veg, parsnips, even more. So here it is, our take on a deeply satisfying deep winter curry – lamb knuckle and parsnip Rogan Josh.

Metric

**Number of servings : 4**

### ingredients

**To cook**

- 5 fingers fresh ginger, peeled & thinly sliced
- 3 large cloves garlic, peeled & thinly sliced
- 4 large ripe red tomatoes, peeled & roughly diced
- 800 g lamb knuckles
- 2 Tbsp vegetable oil
- 8 baby pickling onions, peeled & halved
- 4 Tbs **Cape Herb and Spice Rogan Josh Curry Spice**
- 4 whole dried red chillies
- 1 cup water
- 250 g/punnet parsnips, peeled & halved lengthwise

### THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 20 mins | COOKING TIME: 180 mins**

Place the peeled tomatoes, ginger and garlic in a food processor or blender and blitz until pureed.  
*Cook's note: To peel ripe fresh tomatoes, simply pour boiling water over them and rest for a minute or two. After this it will be easy to slip off the skins.*

Heat a large saucepan and add the vegetable oil.

Add the lamb knuckles and brown both sides.

Add the baby onions and **Cape Herb and Spice Rogan Josh spice** and fry for a minute.

Add the dried chillies (such a Kashmiri touch!), the pureed tomatoes, and water.

Place pot on the smallest plate on the lowest heat with a tight-fitting lid.

Cook until the lamb knuckle is fall-off-the-bone soft.

Knuckle is real low and slow food, so this takes a good 2-3 hours. If your heat is low enough and the lid fits tightly enough, the liquid you've added should be plenty, but keep an eye on it and add a quarter cup of water if needed.

Once the lamb knuckle is soft, add the parsnips and cook until soft – it only takes about 15 minutes.

Garnish with coriander and serve with basmati rice and/or Indian flatbreads like naan.

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