

RECIPE FOR LAMB BALTI: (Rusko's favorite meal prepared by his wife Belinda)

4 portions pre-cooked lamb
4 cloves garlic, chopped
8 oz onion, chopped
3 tablespoon ghee
4 tablespoon balti masala paste
8 fl oz stock
1 tablespoon garam masala
2 tablespoon chopped fresh coriander leaf
1 salt to taste

Heat the ghee in the karahi: stir-fry the garlic very quickly. Add the onion, reduce the heat, and fry until translucent and starting to brown. Add the meat and the Balti masala paste. Turn the heat up and stir-fry for about 5 minutes. Slowly add the stock, and simmer on low heat for about 10 minutes. Then check the meat for tenderness: add stock or water if required. When almost tender enough, add the garam masala and coriander leaves. Salt to taste: simmer for another 15 minutes. Serve with naan bread.