**LAMB SHANK CHETTINAD CURRY – PARATHAS – PALO RICE**

**1 lamb shank**

**Curry sauce**

**100 g rice**

**2 parathas**

**30 mango pickles**

**CHETTINAD LAMB SHANK CURRY**

**Lamb shank**

**2,5 kg smoked lamb shank**

**Chettinad masala paste**

**100 g small red shallots**

**80 g garlic cloves**

**30 g ginger piece**

**½ cinnamon stick**

**15 g whole black peppercorn**

**15 g coriander seed**

**8 g cumin seed**

**6 green cardamoms**

**1 black cardamom**

**10 g poppy seed**

**27 g fennel seed**

**12 cloves**

**40 g mustard oil or vegetable oil**

**15 g whole Kashmiri dried chili**

**25 g grated fresh coconut**

* In a hot pan, charred the garlic, ginger & shallot. When charred place into a blender
* Add all the dry spices in a pan and dry roast until fragrant. Ad in the fresh coconut and toast as well. Place all the toasted ingredient into the blender
* Add the oil and some water if needed. Blend into a fine paste
* Add the paste into the marinated lamb shank, mix well and marinade for an extra hour

**200 g red shallots**

**200 g chopped brown onion**

**750 g chopped tomatoes**

**10 g black mustard seed**

**10 g ginger finely chopped**

**10 g garlic finely chopped**

**10 g salt**

**10 g turmeric powder**

**5 g curry leaves**

**3 kg lamb stock**

**40 g mustard oil**

**PARATHA**

**400 g AP flour**

**180 g water or milk**

**8 g salt**

**1 egg**

* Mix the water and salt and stir until dissolve
* Place the flour in the dough mixer with the hook.
* Add the salty water to the flour and let mix until a uniform dough appears
* Take the dough on the workbench and knead it until smooth and homogeneous
* Place the dough into a lightly flour bowl and cover, let rest in the fridge for 30 minutes
* Divide the dough into 6 part (130g) and let rest for 15 minutes
* Flour the bench and roll the dough as thin as you can.

**160 g ghee**

**AP flour**

* Brush some Ghee all over the dough and sprinkle some flour
* Roll the dough like a cigarette
* Then roll the dough like an escargot
* Place in the fridge and let rest for at least 1 hour
* Flour the bench and roll the bread into a disk
* Place the paratha in a pan and cook on both side until fluffy and golden
* Brush some ghee before serving

**GREEN MANGO PICKLES**

**1 kg green mango peeled & diced**

**150 g grated fresh coconut**

**45 g salt**

**60 g olive oil**

**60 g garlic finely chopped**

**20 g mustard seed black**

**5 g turmeric powder**

**5 g fenugreek powder**

**5 g coriander powder**

**5 g cumin powder**

**15 g Kashmiri chili powder**

**100 g brown sugar**

**60 g cider vinegar**

* Place the diced mango in a bowl and add the salt. Toss well and let it rest for 24hours in the fridge covered with cling film
* Dry roast the spice and ground to powder
* In a pan over medium heat, warm up the olive oil and Add the garlic cook until fragrant but no coloration.
* Add the spices and cook for another 1 minute
* Add sugar and vinegar. Bring to simmer and let cook for 5 minutes. Let cool down for 10 minutes
* Add the mango, mix well and let outside overnight
* Once done, put n a jar and keep for up to 3 weeks

**RICE PALAO**

**360 g basmati rice (pre-soaked for 30 minutes)**

**600 g lamb stock & water (50/50)**

**240 g frozen peas**

**5 g ginger finely chopped**

**5 g garlic finely chopped**

**30 g Greek yoghurt**

**5 g cumin seed**

**4 green cardamom**

**1 black cardamom**

**2 cloves**

**3 g black peppercorn**

**3 g cinnamon**

**5 g salt**

**200 g brown onion finely sliced**

**50 g oil**

* Roast all the spices (exept the black cardamom) and grind them into powder
* Fry the onion until golden brown
* Add the ginger, garlic, peas and yoghurt and fry it for a couple of minute
* Add the spice and cook until fragrant
* Add the stock and bring to boil
* Add the well drained soaked rice and cook on high heat.
* When more than half of the stock is evaporated and the rice is 80% cooked, cover the pot and lower the heat on low. Let cook for an additional 10 to 15 minutes.
* When done add some butter and keep warm