



# Mango Curry

 The Food  
Connection



SERVINGS: 6

## INGREDIENTS

- 2 medium or 1 large onion, small diced
- 1 small piece ginger, peeled and minced
- 5 garlic cloves, minced
- 2 heaping teaspoons turmeric
- 2 heaping teaspoons ground cumin
- 2 heaping teaspoons ground coriander
- 1 teaspoon chili powder
- 5 cardamom pods or ½ teaspoon ground cardamom
- 2 tablespoons tomato puree
- 2 pounds trimmed goat shoulder, cubed
- 1 can coconut milk (reserve 2 tablespoons for serving)
- 1 cup canned tomatoes, chopped
- 2 ripe mangoes, peeled and chopped
- Salt to taste
- Vegetable oil for cooking
- Optional: cooked rice for serving, fresh coriander (cilantro), and pickles or chutneys of your choice

## DIRECTIONS

Heat the oven to 325° F. Heat an ovenproof pot or casserole (such as a Dutch oven) over medium high heat. When the pan is hot, drizzle in just enough oil to coat the bottom of the pan. Carefully add the onions, garlic, and ginger to the pot. Saute, stirring frequently, for about 7 minutes. Add a pinch of salt and all the spices. Continue to stir as the spices toast, about 3 more minutes. Add the tomato puree and stir until incorporated.

Add the cubed goat to the onion spice mixture and cook until the meat darkens on the outside (it won't sear and brown). Shake the can of coconut milk well before opening. Reserve 2 tablespoons of the milk for serving and pour the rest in. Add the tomatoes and 1 cup of water. Increase the heat and bring to a slight boil, then turn down immediately to a simmer. Cover with a lid or carefully seal with foil and transfer to the oven. Allow to stew for about 1 hour.

At one hour uncover and stir in most of the mango, reserving a few pieces for garnish. Re-cover and replace in the oven for another hour. When the lamb is tender to the point of falling apart, remove the dish from the oven.

Make a small bed of rice, ladle the lamb on top, drizzle with coconut oil, add chutneys and pickles, then garnish with extra mango and coriander leaves.