



Recipe of the Week:

Coconut Lamb Curry

Makes 6 servings

- 1 ½ lbs. Lamb
- ½ Cup Seasoned Salt (1/2 C Flour, 1 tsp. salt, pinch of white pepper)
- 2 Tbsps. Olive Oil
- 2 Garlic Cloves. Minced.
- 2 Onions, sliced ¼ inch thick
- 1 Cup Coconut Milk (substituted 1 cup milk with 1/4 cup coconut in it)
- 3 Tsp. Curry Power
- 1 (10 3/4oz) Mushroom Soup.
- 1 Cup Beef Stock
- 1 Tsp. Dry Mustard
- 1 Tsp. Ground Pepper
- 2 Small Jalapeno Chiles, minced with seed. (Makes it very spicy. Next time will do it without seeds)

Directions:

1. Preheat oven to 350°.
2. Remove excess fat and cube meat. Dredge cubes in seasoned salt.
3. In Dutch oven, heat oil to hot. Add Lamb Cubes, brown well. Remove from pot. Add garlic and onions to pot, cook until tender. Add milk, curry powder, soup, beef Stock, mustard, pepper and chiles. Mix well. Add Browned meat. Cover and bake until tender. Serve over White Rice.
4. {Optional} In medium bowl, combine ½ C Chopped Cashews, ½ C Coconut and 1 Tbsp Honey. Spread on baking sheet. Bake until golden brown, about 20 minutes. Remove from oven and cool. Use as Garnish.

Preparation Time: 20 Minutes

Per Serving: 710 calories, 50 g. fat (25 g saturated fat), 80mg. cholesterol, 1120mg sodium, 5 g fiber