

## Lamb Kesari (Saffron)

*Jerusha's Recipe (Esther's Mom)*

### Ingredients

- 2 Kilograms Lamb or Beef – cut into 1-inch cubes
- 2 large onions – sliced
- 2 large tomatoes – chopped
- 3 pinches of saffron
- ¼ tsp turmeric powder
- ¼ tsp garam masala powder
- 3 Tbsp vegetable/olive oil (or oil of choice)
- 1 inch piece of ginger
- 3 dry red chillies (or to taste)
- 10 garlic cloves
- 2 Tbsp unsweetened shredded coconut
- 4 cloves
- 6 peppercorns
- 3 cardamom pods (skin removed and seeds crushed)
- 2 cinnamon sticks
- Salt to taste
- 400 mL can of coconut milk



### Instructions

1. Wash meat, crush saffron between your fingers and apply onto meat; set aside in fridge for two hours.
2. In a food processor, grind ginger, garlic, chillies, shredded coconut and turmeric powder, to a fine paste.
3. Heat oil on medium-high heat and fry onions to a golden brown colour.
4. Add tomatoes and continue cooking until all liquid from tomatoes has evaporated.
5. Add peppercorns, broken cinnamon sticks, crushed cardamom seeds and the ground paste.
6. Continue cooking until fragrant and all the spices are well fried and the oil separates from the spices (you will see the oil separating at the edges of the spice mixture).
7. Add meat and salt and continue frying for 10 minutes.
8. Add coconut milk and reduce to low heat until meat is tender and the gravy is thick.
9. Sprinkle with garam masala powder and give it a good stir.

### Notes:

If you wish, you can substitute the meat with mixed vegetables and tofu. Add the saffron into the gravy. You can modify the spices to your taste. All of the ingredients are readily available in most grocery stores. You can serve this dish with coconut rice, plain rice, couscous, naan bread, pouris or whatever you like. Along with many of the symbolic foods like whole fish, beets, beans, pomegranate and pumpkin at our Rosh Hashanah table in India, this was one of the meat dishes that my mom also made. In India, we also made a coconut milk halwa which was a traditional sweet dish for Rosh Hashanah.

I hope you enjoy this meat dish as much as my family does.  
Shana Tova !!