



# Cabrito Goat Rogan Josh

James Whetlor Shares with us a Cabrito recipe

Serves: 4

Prepare: 10 Minutes

Cook: 1 Hour

Difficulty: Easy

## Ingredients

### Rogan Josh Whole Spices

- 4 kashmiri chillies
- 1 cinnamon quill
- 4 cloves
- 4 green cardamon
- 2 black cardamon
- 2 bay leaves

### Rogan Josh Marinade

- 1 tsp kashmiri chilli powder
- 1 tsp sweet paprika
- ½ tsp cracked black pepper
- ½ tsp turmeric

### Rogan Josh Paste Spices

- 2 tsp kashmiri chilli powder
- ½ tsp ginger
- ½ tsp garlic
- ¼ tsp ground cloves
- ¼ tsp ground green cardamon seeds
- ¼ tsp ground cinnamon
- ¼ tsp ground cumin,
- ¼ tsp ground black cardamon

### For The dish

- 600g diced goat
- 2 medium red onions - roughly chopped
- 25g butter

## Method

1. Mix together the goat with 60g yoghurt, 1 tsp salt and the ROGAN JOSH MARINADE – marinade for 2-4 hours
2. Blend together the onion, ROGAN JOSH PASTE SPICES, tomato puree and 1 tsp salt to a smooth puree (adding a splash of water if necessary)
3. Fry the ROGAN JOSH WHOLE SPICES in 1 tbsp of oil and 25g of butter for 30 seconds. Add the paste, stir well and cook for 15 minutes until all the liquid has evaporated and the paste begins to brown and stick to the bottom of the pan
4. Add the goat and tomato and cook for 5 minutes to break down the tomato
5. Add 200ml of water then cover and simmer for 45 minutes or until the meat is tender and the sauce is rich and thick
6. Remove the ROGAN JOSH WHOLE SPICES from the curry and serve

- 60g yoghurt
- 2 tomatoes – roughly chopped
- 1 tbsp tomato puree