



## CURRIED LAMB

- 1 1/2 Pound Lamb Shoulder
- 1 1/2 Teaspoons Salt
- 3 Tablespoons Butter
- 1 Cup Diced Celery
- 2 Tart Apples, Peeled and Diced
- 1/2 Cup Sliced Onions
- 2 Cups Lamb or Beef Broth
- 2 Teaspoons Curry Powder
- 2 Tablespoons Hot Water
- 2 Tablespoons Flour
- 3 to 4 Cups Hot Cooked Rice

## DIRECTIONS

1. Place lamb in to a kettle, barely cover with water, add salt and simmer until tender.
2. Drain, saving broth.
3. Cut meat into a 1 inch dice.
4. Melt the butter in a skillet.
5. Add celery, apples, and onions and sauté until soft.
6. Add lamb.
7. Add the broth and simmer for 20 to 30 minutes.
8. Blend curry powder with hot water and let stand 5 minutes.
9. Blend in flour, adding cold water if necessary to make a paste.
10. Add curry paste to lamb mixture, adding additional boiling water if it is too dry.
11. Continue simmering for 5 minutes, stirring frequently.
12. Serve with rice.