

## INGREDIENTS:

For the marinade:

five cardamom pods

10 cloves

two-inch cinnamon stick

teaspoon each turmeric  
and chilli powder

tablespoon salt, two  
teaspoons ground cumin

two large onions, chopped

five garlic cloves, crushed and  
chopped

two-inch piece of ginger,  
peeled and chopped

juice of two lemons.

To finish:

two tablespoons full-fat plain  
yogurt

Tablespoon honey

tablespoon each pistachio  
nuts and sultanas

**TIME:** 2.5 Hrs+overnight

**SERVING:** 4-5 people



The day before you plan to eat place all the marinade ingredients in a processor and whizz to a smooth paste. Make several deep cuts in the lamb and rub the mixture all over it, pressing it down into the cuts. Cover with film and refrigerate overnight. The next day heat the oven to 180C gas mark 4, place the lamb in a roasting pan and spread the marinade over it. Place the remaining ingredients in a processor and pulse three or four times then add to the meat. Cover the pan tightly with foil and roast for two hours then remove the foil and roast for a further 15 minutes to crisp the coating.

*Enjoy! Malcolm & Julie Pyne*

## YOUR NOTES: