

Kashmir Kofta With Cardamom

Yield: 4 serves | **Rating:** 4/5 | **Prep:** 10 min | **Cook:** 40 min | **Source:** thestranger.online

Next to saffron, cardamom is the world's most expensive spice. It is the seed pods of a herbaceous perennial, a member of the ginger family, growing wild in the jungles of southern India and Sri Lanka; it is also cultivated commercially in many tropical countries.

The dried seed pods are triangular or ovoid in shape and vary in colour from cream, through pale green to light brown; pale green pods, with small brownish-black seeds, have the better flavour. These can be stored in a dry form.

Ingredients

- 1 lb lamb (minced)
- 1 onion (chopped)
- 2 garlic cloves (minced)
- 4 chillies (deseeded, chopped)
- 1 Salt (rock)
- 1 Pepper (black)
- 1 Cinnamon (ground)
- 1 egg (large)
- 1 Flour (plain)
- 5 tbsp ghee (or oil, vegetable)
- 2 onions (sliced)
- 2 tbsp garam masala
- 1 pt milk (coconut)
- 1 Lemon (or lime, juice)

Notes

To use, slice open the pods and scrape out the seeds which are used whole or ground in curries, rice, in pickles, mulled wine, in custards, in cakes and biscuits. Bedouin coffee, which is rather lovely is traditionally heavily flavoured with cardamom.



Instructions

- 1.** Combine the lamb with the chopped onion, garlic and chillies and season to taste with salt, pepper and cinnamon; lightly beat the egg, and add to bind the mixture. Roll the mince, between floured hands, into walnut sized, or golf balls.
- 2.** Warm the ghee in a heavy bottom skillet and add the cardamom pods. Fry the meat balls until lightly browned all over. Remove them from the fat and leave them to drain on a couple of sheets of kitchen roll.
- 3.** Fry the sliced onions in the remaining fat over a low heat until translucent, stir in the garam masala and cook for a further 5 minutes, stirring all the time. Gradually blend in the coconut milk and simmer for a few minutes, then correct seasoning if required and, again, if required adjust the acidity of the sauce with lemon or lime juice to your liking.
- 4.** Return the kofta balls to the sauce and simmer over a low heat for about 30 minutes; gently stir or shake the pan from time to time to prevent them from sticking. Remove the cardamom pods before serving the koftas with boiled rice and a side salad.