



FEIFEI LIU
TRADITIONAL
CHINESE MEDICINE
WWW.FLTCM.COM

830 E St Rd 434,
Longwood Fl, 32750
Phone: 407-951-7841
Text:407-529-4155
Email: info@fltcm.com

Lamb Curry

Ingredients:

1 Lb.	Lamb Meat	1 tsp	Fennel Seeds
400mL	Coconut Milk	2 ½ tsp	Garam Masala
1 ½ Tbsp	Tomato Paste	1 ¼tsp	Sea Salt
1 Med.	Green Bell Pepper	1 ¼ tsp	Turmeric powder
1 Large	Yukon Gold Potato	1 Fresh	Lime (juiced)
1 Bunch	Fresh Cilantro	1Tbsp	Coconut Oil-for meat
3 Cloves	Garlic	1 ½ tsp	Coconut Oil-at end
½ Long	Red chili(Optional)	½ Cup	Water
1 Large	Onion		

Directions:

- Chop all vegetables into small bite size pieces and set aside.
- Cut lamb meat into small bite size chunks, about 1 inch.
- Mince Garlic
- Chop the cilantro and Juice the lime
- Heat A Skillet on Med-Hi heat. Add 1 Tbsp of coconut oil.
- Add lamb meat. Let cook 2-3 minutes per side. Once brown on the outside. Set aside in a dish.
- Add 1 tsp coconut oil to pan, then add peppers and onion to pan. Cook 3-5 minutes. Add garlic-cook 1 minute, add remaining spices and half of the chopped cilantro-cook 1-2 minutes.
- Add tomato paste. Cook 1 minute.
- Add Coconut Milk, water, potatoes, and lamb meat back to the pan. Stir to combine
- Turn the heat down to a low heat and simmer with a vented lid for 20-30 minutes or until lamb meat is cooked thru and tender.
- Eat as a main dish by itself or serve it with cooked jasmine rice and warmed naan bread.