First Class Railway Welsh Lamb Curry

This very popular and tasty dish was prepared and served during the early 1900s during the British Colonial Era and served in First Class Dining Cars on long distance trains, with bread or dinner rolls.

Prep Time: 10 minutes
Cooking Time: 30-40 minutes
Serves: 4 people

Ingredients

For lamb marination

- 1 kg Lamb with or without bones
- Salt to taste
- 1 heaped tbsp Ginger Garlic paste
- 1 tbsp Mustard oil
- 1 ½ tsp Black peppercorns, crushed

For potato marination

- 4 large Potatoes (peeled & diced)
- Salt to taste
- ½ tsp Turmeric powder

For frying potato

- ¼ cup Mustard oil
- Marinated potatoes

For Railway Lamb Curry

- ¼ cup Mustard oil
- 2 no. Black cardamom
- 3 no. Green cardamom
- 1 no. Bay leaf
- 5 medium Onions, sliced
- Salt to taste
- Marinated Lamb
- 2 tbsp Coriander powder
- 1 tsp Turmeric powder
- 1 cup fresh Tomato puree
- 2-3 cups Water
- Salt to taste
- 1 heaped tbsp Tamarind paste

- 1 tbsp Tender coriander stem, finely chopped
- Fried Potatoes
- 1 tbsp Prepared Masala

For Masala

- 5 no. Black cardamom
- 2 ½ tbsp Black peppercorns
- 1 tsp Fennel seeds,
- 1 heaped tbsp Coriander seeds
- 1 inch Cinnamon stick
- 3 no. Green cardamom
- 1 tsp Stone flower, (optional)
- Salt to taste

Step 1

For mutton marination

Method:

- In a bowl, add mutton, salt to taste, ginger garlic paste, mustard oil, crushed black peppercorns and mix it well.
- Keep it aside to marinate for 10-15 minutes.

Step 2

For potato marination

Method :

- In a bowl, add potatoes, salt to taste, turmeric powder and mix it well.
- Keep it aside for further use.

Step 3

For frying potato

Method :

- In a pressure cooker or pot, add mustard oil, once it's hot, add marinated potatoes and fry until half cooked.
- Transfer it to a tray or bowl and keep it aside for further use.

Step 4

For Railway Lamb Curry

Method:

- In a pressure cooker, add mustard oil, once it's hot, add black cardamom, green cardamom, bay leaf and let it splutter.
- Add onions, salt to taste and saute it until translucent.
- Add marinated mutton and cook it well until half done.

- Add coriander powder, turmeric powder, fresh tomato puree and cook for 6-7 minutes on medium to high flames.
- Add water, salt to taste, tamarind paste and give it a quick boil.
- Cover it with a lid and cook until 6-7 whistles OR UNTIL TENDER on medium to high flames.
- Add tender coriander stems, fried potatoes, prepared garam masala and mix it well.
- Let it simmer for a while until thick.
- Transfer it to a serving dish or bowl and garnish it with coriander sprig.
- Serve hot with bread, ladi pav or bread rolls.

Step 5

For Garam Masala

Method:

- In a pan, add black cardamom, black peppercorns, fennel seeds, coriander seeds, cinnamon stick, green cardamom, stone flower, salt to taste and dry roast them for a while.
- Transfer it to a mixer grinder jar and grind it smoothly.
- Keep it aside for further use.