

Lamb Popsicles with Fenugreek Cream Curry

Adapted from Vikram Vij

Ingredients

- ◆ 2-3 French cut racks of lamb, with the bone cleaned down to the chop
- ◆ ¼ cup white wine
- ◆ ¼ cup grainy mustard
- ◆ ¼ teaspoon salt
- ◆ 1 litre whipping cream
- ◆ ½ teaspoon salt
- ◆ ¼ teaspoon paprika
- ◆ ½ teaspoon cayenne pepper
- ◆ 1 tablespoon dried green fenugreek flakes
- ◆ ¼ cup lemon juice
- ◆ 2 tablespoons crushed garlic
- ◆ 3 tablespoons canola oil
- ◆ 1 teaspoon turmeric



Instructions

Cut the racks of lamb into popsicles by slicing the chops between the bones.

Mix the wine, mustard and salt together in a big bowl and add the chops, turning to coat on all sides. Cover and refrigerate for a few hours.

In a separate bowl, mix together the whipping cream, salt, paprika, cayenne, fenugreek and lemon juice. In a medium-sized heavy pot saute the garlic in canola oil. Once the garlic is golden, add the turmeric, stir and heat for one minute.

Add the whipping cream mixture and stir, heating on low heat for a few minutes. The water in the whipping cream will evaporate, thickening the sauce. If the heat is too high the cream will separate.

Grill the popsicles just before you are ready to serve the meal. Gently reheat the sauce and pour on top of the popsicles.

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