

Chef from the Hood Recipes



Chef:

David & Tshering Musgrave

Restaurant:

Karma in Cotati

Recipe:

Lamb or Chicken Saagwala!

Ingredients:

- 1 1/2 cups olive oil
- 2 medium onions, sliced
- 1 tablespoon minced ginger
- 1/2 teaspoon crushed garlic
- 1/2 teaspoon chili powder
- 1/2 teaspoon turmeric
- 1 pound lamb or chicken
(cut boneless leg of lamb or white & dark
chicken meat into pieces)
- 1 teaspoon salt
- 1/4 cup water
- fresh spinach (2 large bunches trimmed
& well washed or 24 oz. washed baby
spinach leaves)
- 1/2 bunch chopped cilantro

Indian comfort food at its flavorful best! At Karma, saagwala is served with warm Basmati rice. If you go, be sure to order naan, the delicious flat bread from Karma's traditional clay tandoori oven. If you're cooking saagwala at home, start the Basmati rice while the saagwala simmers (in the final 25 minutes). Recipe serves 4.

Heat oil in large saucepan. Add onions & fry until they pale. Stir in spices: ginger, garlic & tumeric. Add lamb or chicken & stir fry for 15-20 minutes. Stir in salt. Add water, stir & cover pan. Simmer on low for 25 minutes or until meat is tender. Add spinach, and stir, cooking 3 to 5 minutes. Transfer to a warm serving dish & garnish with fresh cilantro.