

# Ground lamb (kheema) and cabbage

Click on the thumbnails below for a larger image, and then use your browser's "Back" button to return.

- ½ lb (about 250 grams) Ground lamb
- ¼ Head of a medium cabbage, chopped or shredded
- 1 Onion, sliced
- 1 Inch piece of ginger root; peeled, washed, and crushed\*
- 6 Large cloves of garlic; peeled and crushed\*
- 4 Tbsp cooking oil (Canola, Corn, Vegetable)
- 1 Tbsp chopped cilantro (optional)
- ½ Tsp salt
- 1 Tsp turmeric
- ½ Tsp Chilli flakes
- 1 Tbsp paprika
- 1 Tbsp ground coriander
- ¼ Tsp Garam masala (optional)

\* Ginger and garlic can be coarsely ground in a pestle and mortar or food processor.

**Heat a deep pan** on the stove. Add 3 Tbsp oil. When the oil is hot, add sliced onions and sauté until the onions are translucent. Do not burn the onions.

**Remove the sautéed onions** by pressing out the oil. Set aside the onions.



**Heat the oil** in the pan gently and add crushed ginger and garlic, salt, ½ tsp. turmeric, and chilli flakes. Sauté until the spices are somewhat browned.

**Add the ground lamb** and stir well to combine it with all the spices. Cover and cook for a couple of minutes.

**Add the sautéed onions**, paprika, ground coriander, and garam masala.

**Stir, cook** for another couple of minutes.



**Remove the cooked ground lamb** and set aside.

**Heat 1 Tbsp oil** in the same pan.

**Add shredded cabbage.** Sauté until the cabbage is well covered in oil. Add a pinch of salt and ½ tsp. turmeric. Sauté for a few more minutes.

**Add the ground lamb.** Stir well to combine lamb and cabbage. Turn the heat to the highest point and sauté for a couple of minutes. Put the lid on the pan and turn off the stove.



**After a few minutes**, the dish can be served or refrigerated. Heat thoroughly before serving.

**Serve with** plain rice, rice and daal, kale rice, naan, roti, or pita.



© Meher Shaik 2012

[HOME](#)