



## Slow cooker lamb rogan josh Free Recipe 10042025

### Description

### Recipe

#### Slow cooker lamb rogan josh

If you're cooking for the family, this easy slow cooker lamb curry makes a feast with rice, extra yoghurt and cucumber for freshness. Make the curry even more special by scattering with pomegranate seeds or chopped coriander.

### Recipe tips

Use a tin of chopped tomatoes if that is all you have, but whole tomatoes are often cheaper and make a richer sauce that is good for a curry.

Ready-made pastes are a great kitchen shortcut, so if you liked this recipe then it is very easily adapted to create other curries.

Tikka masala: use tikka masala paste, leave out the cinnamon stick and swap the yoghurt for double cream. Serve sprinkled with coriander.

Jalfrezi: use jalfrezi paste, swap the cinnamon stick for a whole green chilli and leave out the yoghurt. Season with a squeeze of lemon juice and use a green pepper.

Madras: use 200ml/7fl oz coconut milk instead of the water when whizzing the paste and swap the rogan josh for madras paste. Leave out the cinnamon and bay leaves, adding a few curry leaves instead if you have any.

[Banzai Japan MV](#)

[https://www.youtube.com/watch?v=k\\_vQsyC\\_F1A](https://www.youtube.com/watch?v=k_vQsyC_F1A)

## Shopping List

Fruit and vegetables 2 onions, 1½ roughly chopped, ½ thinly sliced 1 pepper, any colour, cut into big chunks (optional) Tins, packets and jars 100g/3½oz rogan josh spice paste (or follow pack guidance for serving 4 people) freshly cooked rice (or options described in the introduction), to serve 400g tin plum tomatoes Cooking ingredients 2 fresh or dried bay leaves salt and freshly ground black pepper 1 cinnamon stick 1½ tsp cumin seeds Dairy, eggs and chilled 100g/3½oz full-fat Greek-style or plain yoghurt Meat, fish and poultry 600g/1lb 5oz lamb neck fillet or shoulder, excess fat trimmed and diced into 3–4cm/1¼–1½in chunks

<https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9>

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**Date Created**

April 3, 2025

**Author**

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