

East West Bake Cooking Show

BAKED KERUTUP LAMB

Chef Norman Musa



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Episode 12 – Baked Kerutup Lamb

by Chef Norman Musa

Serves 4

Ingredients

4 tbs vegetable oil
5cm cinnamon stick
2 star anise
4 green cardamom
1 stalk of lemongrass, bruised
2 pandan leaves
2 tablespoons tamarind paste
1 tablespoon brown sugar
1 ½ teaspoon salt
1kg boneless lamb leg, cut
into 4cm chunks
200ml coconut milk
3 tbs roasted coconut

Ingredients – for the ground spices

2 tablespoons coriander seeds
1 teaspoon fennel seeds
1 tablespoon cumin seeds
½ teaspoon ground nutmeg
6 green cardamom pods
2 teaspoons black peppercorns
5cm cinnamon stick
8 cloves
2 star anise

Ingredients – for the spice paste

3 shallots
4 garlic cloves
5cm ginger
5cm galangal
5cm fresh turmeric
1 medium onion
10 dried chillies, soaked in hot water
for 10 minutes
3 lemongrass
1 tsp shrimp paste

Preheat the oven to 220C/ gas 7. Toast the spices in a small pan over a low heat. Toast for 1 minute and use the spice grinder or pestle and mortar to grind the spices. Set aside. Blitz all the spice paste ingredients until smooth. Transfer into a bowl and add the spices. Give a good mix. In a large bowl, add the remaining ingredients together with the spice paste mixture. Transfer the mixture into a casserole dish and cover with a foil. Bake in the oven for 30 minutes then remove the foil and reduce the temperature to 180C. Bake for another 20 minutes. Remove from the oven and serve with rice.

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