**Lamb Bhuna Recipe**

**Method:**

1. Heat the oil in a large frying pan over a medium to high heat. Add in the cumin seeds, cinnamon, cloves, cardamom pods, bay leaves and black peppercorns. Stir fry until aromatic and lightly browned. Add in the onions and bell peppers. Sauté whilst stirring occasionally, for 3-4 minutes or until the onions are slightly browned.

2. Add in the ginger and garlic. Sauté whilst stirring constantly for 2 minutes or until aromatic. Add in the turmeric powder, coriander powder, cumin powder, red chilli powder, and black pepper powder. Sauté whilst stirring constantly for 1 minute or until fragrant.

3. Add the lamb, green chillies and yoghurt, and then season with salt. Stir to combine. Stir fry lamb over a high heat for about 10 minutes. When the lamb starts to brown, add in the tomato paste and stir fry for 5 minutes.

4. Pour in 1 cup of water and stir to combine. Cover and cook over a medium to low heat for about 30 to 35 minutes or until tender. (Alternatively, you can cook the lamb in a pressure cooker. Cook over high heat for 1 whistle, and then reduce the heat to low to cook for another 10 minutes.)

5. Add garam masala, dried fenugreek leaves and the chopped coriander leaves, and stir to combine. Heat through.

6. Garnish with more coriander if you wish.

**Garlic Naan Recipe**

**Method:**

1. In a small bowl, mix together the warm water and sugar until fully dissolved. Sprinkle in the active dry yeast over the water and allow to proof for 5-10 minutes.

2. In a large bowl, mix the flour and salt until fully combined. Add the yeast mixture and yoghurt to the bowl, and then mix it altogether with a wooden spoon until it begins to form a ball of dough.

3. Transfer the dough onto your work surface and knead with your hands until smooth. Pour the oil onto the ball of dough then knead for an additional 5 minutes. Place the dough in a greased bowl and cover, letting it rise for an hour or until it has doubled in size.

4. Rip off a 2 inch ball from the dough, place it on a lightly floured surface and top it with some of the chopped garlic. Roll the dough out until it’s about ¼ inch thick. Once rolled out, flip the naan onto its back and brush with water.

5. Heat up a large frying pan on a high flame, until it is very hot. Transfer the naan to the hot pan, water side down. Let the naan cook for 30-45 seconds, then flip the pan upside down (it should stick to the pan) and cook it directly on the flame for 1-2 minutes, checking every few seconds to ensure even cooking and browning.

6. Once cooked, remove from the pan and brush with melted butter, topping with some chopped coriander.