

# COOK UP DINNER WITH A SIDE OF ENERGY SAVINGS



When you cook delicious meals, you can still get the most out of all your flavours, while

trying to use the least amount of energy. In fact, whether it's at our home, at our business, or even when commuting in between those two, we're keen conservationists. That's why we joined Team Power Smart and we invite you to do the same.

It's easy to do our part. Plus most of all, it's amazing how all the small changes we make... really add up. From our kitchen to yours, we hope you enjoy this recipe from our new cookbook—and discover how tasty conserving energy can be!

*Vikram Vij* *Meeru*

## Vikram Vij and Meeru Dhalwala

Team Power Smart Members and Owners of Vij's Restaurant, Vancouver, BC

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### REMEMBER TO ADD A DASH OF ENERGY SAVINGS!

If your lifestyle makes it difficult to plan meals far enough ahead to use a crockpot, try a pressure cooker. Pressure-cooking is fast, saves energy and cooks the nutrients into your food. By using steam pressure, it cooks at a higher temperature and reduces cooking time.

## LAMB IN CREAMY GREEN CARDAMOM CURRY

Serves 6–8 / Prep and Cooking time: 30 minutes + 1 hour to stew on the stove; 10 to 15 minutes in a pressure cooker

### INGREDIENTS

1/3 to 1/2 cup cooking oil  
2 cups chopped onion (1 large)  
1/2 tsp asafoetida (optional)  
4 Tbsp chopped garlic  
(12 medium cloves)  
3/4 cup crushed canned tomatoes  
1 1/2 tsp turmeric

1 1/2 Tbsp ground black mustard  
seeds (optional)  
1 1/2 tsp ground cayenne pepper  
(optional)  
1 Tbsp paprika  
2 Tbsp ground cumin  
10–12 green cardamom pods,  
lightly pounded

1 Tbsp salt  
3 lbs stewing lamb, trimmed  
of fat and cubed  
2 cups water (for stovetop method)  
1 1/2 cups buttermilk or plain yogurt  
(minimum 2% milk fat) or 3/4 cup  
whipping cream

### COOKING METHOD

We serve this lamb curry with rice or naan bread, but it is also delicious over boiled, salted potatoes.

For the stovetop method, heat oil in a large, heavy-bottomed pan on high for 1 minute. Add onion and sauté for 5 to 6 minutes, or until golden. Add asafoetida and stir for 1 minute. Stir in garlic and sauté until golden, 1 to 2 minutes. Reduce the heat to medium and stir in tomatoes. Add turmeric, mustard seeds, cayenne, paprika,

cumin, cardamom and salt, stir and cook for 5 minutes, or until oil glistens on the tomatoes. Stir in lamb, mixing until well combined. Pour in water and mix well. Increase the heat to high and bring to a boil, then reduce the heat to medium-low, cover and cook for 50 minutes.

Place buttermilk (or yogurt or cream) in a medium bowl. To prevent curdling, whisk about 1 cup of the hot curry into the buttermilk (or yogurt or

cream), then pour the mixture into the pot of curry. Cover and continue cooking for 15 minutes. Using a sharp knife, poke a piece of lamb to make sure it is tender. If it is still slightly tough in the centre, continue cooking for another 15 minutes, or until tender. (It has never taken us longer than 1 1/2 hours to cook the lamb.) Turn off the heat and allow lamb to rest on the stove, covered, until serving time.

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