

# Curried Breast of Lamb

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## **Ingredients**

1 -1 1½ lb lamb breast (usually)  
1 tablespoon vinegar  
2 tablespoons curry powder  
3 tablespoons instant minced onion  
water  
salt

## **Directions**

Rinse lamb breast under running water.  
Cover lamb breast with cold water & 1 T vinegar inside your cooking pan & soak for about 20 minutes.  
Pour off water.  
Heat oven to 350.  
Place lamb breast in pan with fat side up.  
Spread the curry powder and dried chopped onions on top.  
Cover the pan and cook for a total of 2 hours.  
After 1 hour, remove the pan from oven, and pour off the fatty gravy into a glass container.  
Place the glass container into the freezer so the fat will freeze on top, then remove from freezer and throw away congealed fat and put gravy on meat.  
Put the lamb breast back in the oven, covered.  
After the 2nd hour (or when it just smells done), remove from oven.  
Wait 10-15 minutes for the meat to rest.  
Slice the lamb breast between the bones.  
Serve about 2-3 lamb breast ribs each to make a dinner portion.