

## Week 4

## FRIDAY

### Curried Lamb Puffs

750g lamb chump chops  
15g butter  
1 tablespoon oil  
3 teaspoons curry powder  
 $\frac{1}{2}$  teaspoon ground cumin  
1 tablespoon plain flour  
1 cup water  
1 small chicken stock  
cube, crumbled  
3 sheets ready rolled puff  
pastry  
1 egg, lightly beaten

*Curry filling can be made up to 1 day ahead; store, covered, in refrigerator. Uncooked puffs can be frozen for up to 2 months. Serve with mixed vegetables and mango chutney, if desired. Recipe unsuitable to microwave.*

Cut lamb into 2cm cubes. Heat butter and oil in saucepan, add lamb, stir over heat until lamb is browned all over. Stir in curry, cumin and flour, stir over heat further minute. Add water and stock cube, bring to boil, reduce heat, simmer covered for 30 minutes; cool to room temperature.

Cut 16 rounds from pastry using a 10cm cutter. Brush edges with some of the egg. Place heaped tablespoons of filling in centre of 8 pastry rounds, top with remaining pastry rounds; press edges together firmly with a fork. Brush puffs with remaining egg, bake in a moderately hot oven for about 20 minutes or until golden brown.