

Instant Pot Lamb Curry: Melt-in-Your-Mouth Tenderness in Under an Hour

Instant Pot Lamb Curry with Tomato & Coconut: Melt-in-Your-Mouth Tenderness in Under an Hour



TIME
2 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

- 1.5 tablespoons ghee or butter
- 1 medium onion, finely diced
- 2 tablespoons grated fresh ginger
- 1 tablespoon grated garlic
- 2 tablespoons chopped cilantro (stalks and leaves)
- 1.7 lbs. diced lamb shoulder
- 2 teaspoons salt
- 2 teaspoons mild curry powder
- 2 teaspoons garam masala
- 1 teaspoon cumin powder
- 1 teaspoon paprika powder
- 1 teaspoon coriander seed powder
- 1 can diced tomatoes (14.5 oz / 400g)
- 1 carrot, sliced
- 1/2 red pepper, sliced
- 1 cup thick coconut milk (full-fat recommended)

DIRECTIONS

1. Let's get this rich and flavorful Instant Pot Lamb Curry cooking!
2. SautØ Aromatics: Press the SautØ button on your Instant Pot (or equivalent function on your pressure cooker). Add the ghee or butter to the inner pot. Once melted, add the finely diced onion and cook for about 2 minutes, stirring occasionally, until it starts to soften.
3. Add : Ginger, Garlic, Cilantro: Add the grated garlic, grated ginger, and chopped cilantro stalks and leaves to the pot. Cook for another 1 minute, stirring, until fragrant.
4. Add : Spices & Deglaze: Stir in the salt, mild curry powder, garam masala, cumin powder, paprika powder, and coriander seed powder. Stir well, cooking for about 30 seconds to "bloom" the spices and release their aromas. Add a splash of water (about 1/4 cup) to deglaze the pot, scraping up any browned bits from the bottom.
5. Add : Lamb & Tomatoes: Add the diced lamb shoulder and the can of diced tomatoes (undrained) to the pot. Mix thoroughly, ensuring the lamb is coated with the spices and tomatoes.
6. Pressure : Cook: Secure the lid on your Instant Pot and set the vent to the sealing position. Select the Pressure Cook (or Manual) function on HIGH pressure and set the timer for 25 minutes.
7. Natural : Release: Once the cooking cycle is complete, allow for a Natural Pressure Release (NPR) for 15 minutes. This is important for tender meat. After 15 minutes, manually release any remaining pressure by carefully turning the vent to the venting position.

Once the pin drops, you can open the lid.

8. **Add : Remaining Veggies & SautØ:** Turn the Instant Pot back to SautØ mode (medium heat). Add the sliced carrot and sliced red pepper to the curry. Cook, stirring occasionally, for 5-7 minutes, or until the vegetables are tender-crisp.
9. **Finish with : Coconut Milk:** Stir in the thick coconut milk. Simmer gently for 1-2 minutes until heated through and the sauce is creamy. Taste and adjust seasoning with more salt or spices if needed.
10. **Serve:** Ladle the hot Instant Pot Lamb Curry into bowls. Garnish with fresh cilantro if desired. Serve immediately with rice or warm naan bread.

SWAPS & NOTES

Lamb: Lamb shoulder is ideal for its tenderness after pressure cooking.

You can use boneless leg of lamb, cut into cubes, but shoulder often yields a richer flavor.

Ghee/Butter: Ghee provides a lovely nutty flavor traditional in Indian cooking, but butter or even a neutral oil (like olive or vegetable) can be used.

Spices: Adjust the mild curry powder to your preference; if you like more heat, use a hot curry powder or add a pinch of cayenne pepper.

TIPS FOR SUCCESS

Browning Lamb (Optional but Recommended): While not explicitly in the directions, briefly browning the lamb pieces in the ghee before adding the aromatics can add an extra layer of depth and flavor to the curry.

Remove them after browning, then proceed with the onions, and return the lamb before pressure cooking.

Don't Rush Deglazing: Scraping up all the browned bits from the bottom of the pot after adding the splash of water is crucial.

This prevents the "Burn" error and adds flavor.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/instant-pot-lamb-curry-melt-in-your-mouth-tenderness-in-under-an-hour/>