

RECREATING RECIPES



Mutton Curry

An aromatic curry, rich in flavour cooked with an array of spices



Ingredients

1kg Mutton
¼ Cup Vegetable Oil
½ Cup Natural Yoghurt
2 tsp Garlic Paste
2 tsp Ginger Paste
1 Cup Fried Onions
Whole Spices (4 1inch Cinnamon Stick
4 Cardamom Pods, 4 Cloves, 4 Black
Peppercorns)



Spices (2 tsp Coriander Powder, 2 tsp
Chilli Powder, 2 tsp Turmeric Powder,
2 tsp Cumin Powder)
Salt to Taste
1 Onion, Sliced
2 Dry Chillies (Optional)

Water on Hand

Serves 6

Instructions



1. In a large bowl mix the mutton with the fried onions, garlic and ginger paste, all the whole spices, all the powder spices, salt, half of the oil and yoghurt
2. Let the mutton mix marinate for a few hours (this step can be missed but the marinating gives the curry more flavour)



3. In a large pan, over a medium to high heat, heat the remaining oil and fry the dried chillies and onions
4. Add the mutton mix to the pan and stir well, the meat juices will begin to come out



5. Reduce the heat to low, put the lid on and check on the curry every 20 minutes for an hour, making sure nothing sticks to the bottom of the pan
6. After an hour, all the meat juices will have come out, add 3 to 4 cups of water, put the heat up and bring to a boil



7. After the curry has come to a boil, reduce the heat to low and let it simmer for 1 – 1.5hours, stirring the curry every 15-20 minutes
8. At this point the mutton should be very tender and is ready to be served.



Recreating Recipes
ask@recreatingrecipes.com