

RECREATING RECIPES



Keema Curry

Mutton minced meat cooked with peas, potatoes and boiled eggs in a deliciously spiced curry sauce

Instructions



1. Heat the oil in a pan over medium to high heat, add the cardamom and cinnamon, wait for both to heat up and then add the garlic and ginger paste, once it starts to brown add the onions and salt



2. When the onions have become slightly translucent, add your minced meat and give it all a good mix, cover the pan with the lid and leave it so all the meat juices can come out (approximately 30 minutes), stirring every so often

3. Once meat juices have started to dry out but the minced meat is still moist, add the powdered spices and mix



Ingredients

½ kg Mutton Mince

½ Cup Frozen Peas

1 tsp Garlic Paste

2 Cinnamon Sticks

2 tsp Coriander Powder

1 tsp Turmeric Powder

1 tbsp Vegetable Oil

2 Medium Onions, Finely Chopped

2 Medium Potatoes, Cut into large pieces

½ Cup Coriander, Finely Chopped

4 Hard Boiled Eggs

4 Cardamom Pods

1 tsp Ginger Paste

1 – 2 Chilli Powder

2 tsp Cumin Powder

Salt to Taste

Serves 4-5



4. After a few minutes of adding the spices add the potatoes with a pinch of coriander, cover the pan and leave to cook together for 10 - 15 minutes

4. In the meantime, peel and score the eggs lengthways and then fry so that the eggs have some colour. Once the eggs are ready add them to minced meat along with the frozen peas and another pinch of coriander, let it cook together for 5 – 10 minutes, carefully stirring as the eggs can break



6. Add 1 - 1 ½ cups of water and bring it to a boil, reduce the heat and let it simmer for a few minutes, check to see if the potatoes are cooked through and then remove from the heat. Add the remaining coriander and it is ready to be served



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