

Badam Wala Gosht

(Marinated Mutton)

<http://www.ruchiskitchen.com/ruchiskitchen/recipe.htm>

Servings: 4



Marinated Mutton served with coconut and almond flavored gravy.

Ingredients

- 1/4 LB OR 80 GMS Mutton, washed & cut into cubes
- 2 cups of Curd/Yogurt
- 1 tsp. of Turmeric powder
- 1 tsp. Lemon juice
- 1 tsp. Coriander powder
- 120 GMS OR 1 small Coconut
- 1 cup of Almonds, soaked & peeled
- 1 tsp. Ginger
- 1 tsp. Garlic paste
- 5 small sliced Onions
- 2 Green chilies finely chopped
- 5-6 Dry red chilies
- 5-6 each of Black Cardamoms and Cloves
- 5-6 Cinnamon sticks
- 1/2 tsp. of Caraway seeds OR Black Cumin seeds
- 5-6 tbsp. ghee (clarified butter)
- Salt according to taste
- 1/4 cup cooking oil

Cooking Method

Marinate mutton in a mixture of Curd/Yogurt, Lemon, Coriander powder; and turmeric for 1 hour.

1. Grate the coconut and extract the milk from it.
2. Now grind the Almonds to a fine paste.
3. Then grind the red chilies along with the salt to a fine paste.

Heat Ghee (clarified butter) in a pan, add cloves, cinnamon, cardamoms, caraway seeds and onions.

1. After the onions are lightly fried, stir in the ginger and garlic paste and then add the grounded chilies paste.
2. Fry on a low heat till onions are well browned, add the marinated mutton and cover the pan.
3. Add a little water after the mutton is half cooked.
4. Now add the coconut milk, when the mutton is tender and then finally add the grounded almond paste.
5. This all should be done on a very low heat until the Ghee (clarified butter) floats to the top.

Serve hot with Naan Or parathas.