



Ingredients

1/2 kg mutton pieces
3 large onions, grated
2 large tomatoes, blanched and pureed
1 tbsp ginger garlic paste
1 bay leaf
1 black cardamom
3 green cardamom
5 black pepper
5 cloves
1 (1/2") stick of cinnamon
Salt to taste
1 tsp oil
1/4 tsp turmeric powder
1/4 tsp ginger powder
1/4 tsp fennel seeds, crushed

1st marination

2 tbsp raw papaya paste

2nd marination

1 cup hung curds
1 tbsp ginger garlic paste
1 tsp red chilli powder
2 medium green chillies, finely chopped
1 tsp coriander powder

Garnishing

1 tbsp coriander leaves, chopped
1 tsp fresh cream

Nutrients

Approx. calories per serving: 225 kcal

Procedure

First marinate the mutton pieces in raw papaya paste and keep aside for 2 hours. Then mix the ingredients listed under second marination with mutton and keep aside for an hour. Drain the meat of its marinate and keep both aside separately. Preheat a 24 cm Regular unit on medium heat until the Thermo Indicator reaches the green mark.

Drop in the mutton pieces and roast on medium heat, following the instructions for roasting meat in the "Everyday Cooking" section. Remove the pieces from the unit and let the fat remain inside. Add 1 teaspoon of oil. Drop in the whole garam masala and sauté. Now add in the grated onions and cook until golden brown.

Add the ginger-garlic paste and pureed tomatoes. After the tomatoes leave oil, add the mutton pieces. Cover and cook for 25 minutes, stirring occasionally until the mutton is cooked. Add in the remaining marinade, half a cup of water and salt. Simmer for few minutes till gravy thickens. Garnish with coriander leaves and fresh cream. Serve hot with naan or roti.