

courtesy : Mrs.Gandhiri Perumal



Mutton/lamb varuval is a delicious dry gravy dish;with chunks of chewy mutton/lamb in a spiced sauce. Serve with; white rice, bread, nasi lemak,nasi minyak ,thosai,roti chanai or chappati.

Ingredients:

500gm mutton/lamb;cubed

100gm Eagle brand meat curry powder;mix with a little water

10 dried red chillies;tear and soak in hot water)
for 20 minutes,drain)

Mutton/ Lamb Varuval

Friday, 24 June 2011 10:16 - Last Updated Thursday, 21 July 2011 16:43

2 stalks lemongrass;chopped) coarse grind
1 teaspoon shredded galangal (lengkuas))
1 teaspoon shredded ginger)
2 teaspoon coriander powder)
1 teaspoon cumin seed)fine grind
1 teaspoon tumeric powder)
1 tablespoon tamarind pulp;mix with 1 cup water;strain
5 tablespoon cooking oil
salt to taste
sufficient water

Method of preparation:

In a large bowl combine the coarse ground and fine ground ingredients.Add the meat curry powder.Mix well.Then add the cubed mutton/lamb and marinate overnight in the refrigerator. Heat oil in a wok on medium flame.Add the marinated mutton/lamb and fry till the smell is fragrant. Add the tamarind juice and salt.Heat till the meat is cooked. Simmer covered till the sauce thickens. Serve with;white rice, bread, nasi lemak, nasi minyak, thosai, roti chanai or chappati.