

Mutton/Lamb Curry

Saturday, 14 August 2010 16:51 - Last Updated Thursday, 21 July 2011 16:13

courtesy : Mrs. Devi Krishnan



Malaysian mutton/lamb curry is mildly spicy. Savor a delicious curry with chunks of tender meat. It is normally served with white rice, ghee rice, thosai, roti chanai or bread.

Ingredients:

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1kg choice cut mutton/lamb;cut into bite size
1in ginger)
3 cloves garlic) grind into paste;:use 2 tablespoons
3 small onions)
2 large onion; sliced
3 potatoes; peeled and cubed
3 tomatoes; sliced
3 dried red chillies; torn into pieces
2in cinnamon stick
2 star anise
4 cloves(a spice)
3 cardamom; coarse pounded
1/2 teaspoon fennel seeds; coarse pounded
1 stalk curry leaves; stripped...20 leaves
3 tablespoon oil
1 stalk coriander leaves; chopped
5 cups water to boil meat; additional water as necessary
salt to taste
3 tablespoon Eagle brand meat curry powder

Method of preparation:

Wash cut mutton/lamb and put in a large pot. Add 5 cups water and 2 tablespoon of the ground paste (ginger, garlic and onion). Heat on medium flame till the meat is about half cooked. In a bowl mix the curry powder with a little water to make a paste. Add the curry powder paste into the large pot. Mix well Next add potatoes and tomatoes. Add 3 cups more water.(adjust the water amount to make the sauce thick or thin).Heat on medium flame and boil till the meat and potatoes are cooked. Add salt. Simmer. In a wok heat 3 tablespoon cooking oil. Add cinnamon stick, cloves, star anise, cardamom and fennel seeds.Fry till the smell is fragrant. Next, add curry leaves, dried red chillies and sliced onion. Saute till the onion is golden brown. Pour the contents of the wok into the large pot. Bring to a boil. Turn off flame. Add chopped coriander leaves. Cover. Serve with white rice, ghee rice, thosai, roti chanai, chappati or bread.