courtesy : Mrs Thanam Balakisnan

Vegetarian mutton curry is a mildly spicy delicious dish. A vegetarian alternative for those who crave a real curry taste (without meat or fish). The mutton curry is served with white rice, thosai, chappati or roti chanai.

Ingredients:

1 kg vegetarian mutton(or other vegetarian meat);cut into small chunks
3 pieces baby corn;cut into 1in length
10 pieces baby carrots
1 large tomato;cut into 4's
3 medium potatoes;cut into 4's
1 red fresh chilli;slice lengthwise(remove some seeds)
1 large onion;sliced thin
2in cinnamon stick(thin strip)
1 star anise
2 cardamom
1 stalk curry leaves(stripped ...10 leaves)
1/2in ginger   )
3 small onions   ) grind into paste with 1/2 cup water
5 cloves of garlic   )
2 tablespoon oil
1/4 coconut cream;without preservatives
1 teaspoon ghee(optional)
salt to taste
sufficient water to cover vegetables and vegetarian meat
50gm (about 1/12 tablespoon) Eagle brand meat curry powder

Method of preparation:

Heat oil in a wok. Saute onion till golden brown. Add cinnamon stick, cardamom, star anise and curry leaves. Fry till the smell is fragrant. Add the ground paste. Then add vegetarian mutton, corn, carrot, tomato, potatoes and fresh chilli. Stir. Cover and heat for 1 minute. Add Eagle brand meat curry powder. Mix well. Add enough water to cover the vegetables and vegetarian mutton. Add salt. Cook on low fire till the potatoes are cooked. Add ghee(optional). Then add coconut cream. Bring to boil on medium fire. Turn off flame. The vegetarian mutton curry is ready. Serve with rice or bread.

Note : For seafood vegetarian meat use Eagle brand seafood curry powder

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