

MUTTON BHUNA GOSHT



Ingredients

3 Tbsp raw papaya paste

150 g ghee

4 Tbsp ginger-garlic paste

200 g brown onions

6 medium tomatoes

1/4 tsp nutmeg powder

2 tsp turmeric powder

2 Tbsp red chilli powder

Salt to taste

1 kg mutton leg – boneless cubes

2 bay leaves

2 cinnamon sticks

3 black cardamom

3-4 cloves

2 tsp cumin seeds

4 green chillies

2 cups khatta dahi

1 cup milk

300 g basmati rice

1/2 tsp cumin seeds (zeera)

Salt to taste

Method

Rub raw papaya paste on mutton pieces and keep aside.

In a brass pot, add ghee and saute ginger-garlic paste. Add brown onions and saute for 1-2 minutes.

Then add tomatoes and all the powder spices. Mix well and add mutton.

Cook for 10-15 minutes till little dry.

Then add all the whole spices, whole green chillies and khatta dahi alongside.

Cook again for 10 minutes, then add 3 cups water and allow to steam for 30 minutes.

Remove lid and dry out excess water on high flame.

Now add milk and mix well.

Once meat is tender, dish is ready.

Steam rice with cumin seeds and salt.

Serve hot with mutton gosht. :Muhammad Ikram, Team Pakistan
Post Amanda Conradie