DietCloud – Recipe

Recipe Name: Mutton Shami Kebab Recipe
Diet Type: Non-Vegetarian
Course: Appetizer
Cuisine: North Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 500 grams Mutton - boneless and washed • 1 cup Chana dal (Bengal Gram Dal) - soaked fro 4 hours • 1/2 teaspoon Turmeric powder (Haldi) • 10 cloves Garlic • 1 inch Ginger - roughly chopped • 2 Green Chillies - finely chopped • 1 Onion - finely chopped • 1/2 cup Mint Leaves (Pudina) - finely chopped • Salt - to taste • 2 tablespoons Ghee • 4 Dry Red Chillies • 1 tablespoon Black pepper powder • 4 Cloves (Laung) • 1 inch Cinnamon Stick (Dalchini) • 5 Cardamom (Elaichi) Pods/Seeds • 1 teaspoon Fennel seeds (Saunf) • 1 teaspoon Ajwain (Carom seeds)	4

Preparation

• Saute for a few seconds and then add the boneless and washed mutton.

• Once done add the chana dal, turmeric powder, salt to taste and just enough water till the ingredients are immersed completely in water.
• Pressure cook the mutton and dal for 5 to 6 whistles.
• Turn the heat to low and simmer for about 3 to 4 minutes.

- Allow the pressure to release naturally and then open the pressure cooker.

- Once done turn off the heat and allow the shami kebab mixture to cool.
- Attach the chopping blade to the food processor.
- Add the cooled Shami Kebab Mixture to the jar and grind into a coarse paste.
- Once done into the same jar add the onions, green chillies, and mint leaves.
- Pulse to combine all the ingredients.
- Transfer the pulsed Shami Kebab mixture into a bowl and shape into rounds.

- Drizzle ghee over the Mutton Shami Kebabs and shallow fry until golden brown on both sides.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)