DietCloud – Recipe

Recipe Name: Mutton Dak Bungalow Curry Recipe
Diet Type: Non-Vegetarian
Course: Dinner
Cuisine: Indian
Quantity:



Ingredients

Ingredient	Quantity
• 500 grams Mutton - bones	2
• 3 tablespoons Curd (Dahi / Yogurt)	
• 2 tablespoons Ginger Garlic Paste	
• 1 teaspoon Red Chilli powder	
• 1 teaspoon Kashmiri Red Chilli Powder	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 2 tablespoons Mustard oil	
• 4 Whole Eggs - hard boiled	
• 4 Potatoes (Aloo) - small	
• 3 tablespoons Mustard oil	
• 1 tablespoon Ghee	
• 1/2 teaspoon Radhuni - special bengali spice (optional)	
• 1/3 teaspoon Methi Leaves (Fenugreek Leaves)	
• 1 Bay leaf (tej patta)	
• 1 Onion - sliced	
• Tomato - sliced	
• 1 teaspoon Ginger - paste	
• 1-1/12 teaspoon Garlic - paste	
• Salt - to taste	
• 1 inch Cinnamon Stick (Dalchini)	
• 3 Cardamom (Elaichi) Pods/Seeds	
• 1 Black cardamom (Badi Elaichi)	
• 1 Mace (Javitri) - blade	
• 1/4 teaspoon Nutmeg powder	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 tablespoon Coriander (Dhania) Seeds	
• 2 Green Chillies - as per taste	
• Dry Red Chilli - as per taste	
• 4 Whole Black Peppercorns	

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Preparation

• To begin making the Mutton Dak Bungalow Curry recipe, we will first marinate the mutton.
• Take the goat meat under the water at room temperature, and clean very well.

• Now put the clean meat in a large bowl, add sour curd, ginger garlic paste, red chili powder, kashmiri red chili powder, turmeric powder & mustard oil and marinate all together very well.
• Rub the pieces of meat with the marination.
• Cover the pan and leave the marinated meat for overnight or 6-8 hours.
• Remove the marinated meat 2 hours before cooking.
• In the meantime make the "special spice powder" by dry grinding all the ingredients under the heading of "Special Spice Powder", in a spice grinder.
• Pour the "Special Spice Powder" in an airtight container and keep aside.
• The next step is to prepare the gravy.

• Now marinate the boiled eggs and potatoes with some salt and turmeric powder and keep aside for 10 minutes.
• Heat oil and ghee in a large non-stick pan, fry the marinated eggs and potatoes till they are golden brown, take them out of the pan and keep aside.
• Now in the same pan add Bay leaf, Radhuni & Methi and fry for a few seconds, but be careful, do not let the Methi burn.
• Add sliced onion and some salt and cover the pan for 2 minutes.
• Open the lid after 2 minutes and fry the onion till golden brown.
• Add ginger garlic paste to the pan and fry again for 1 minutes.
• Add sliced tomatoes and fry till the tomatoes are pulpy.
• Now add the marinated meat and the "special spice powder" to the pan and cover it for 5 minutes.
• After 5 minutes open the lid, and start frying on medium heat for 30 minutes.
• If the masala starts burning at the bottom, sprinkle some water and again fry.
• Add the fried potatoes to the pan and 2 cups of water.
• Here you can cook the meat in Pressure Cooker or in the same pan.
• If you are using a pressure cooker, then add all the meat along with the spices into the cooker, close the lid and cook for 10 minutes or upto 4 whistles.
• Let release all the pressures of the cooker by itself, and open the cooker and add the fried eggs now.
• Boil the curry for 5 minutes and turn off the heat and serve with plain rice and cucumber salad.
• ORIf you are cooking the meat in the pan, then cover the pan, lower the heat and let the gravy boil for 20-30 minutes or till the meat is soft and tender.
• When the meat is well cooked, open the lid and serve hot.

Macronutrients

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