

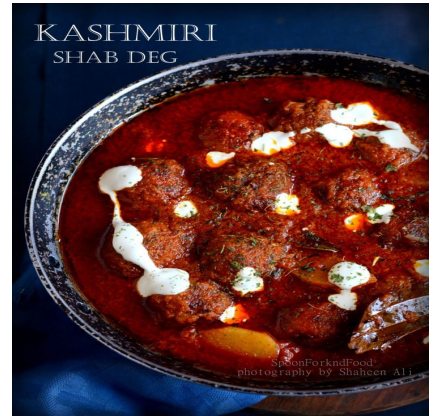
Recipe Name: Kashmiri Style Shab Deg Recipe-Mutton Kofta and Turnip Curry

Diet Type: Non-Vegetarian

Course: Lunch

Cuisine: Kashmiri

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 5 Turnips	4
• 1 tablespoon Poppy seeds	
• 2 tablespoons Badam (Almond) - blanched and peeled	
• 500 grams Mutton - minced	
• 1-1/2 teaspoon Kashmiri Red Chilli Powder	
• 2 teaspoons Ginger Garlic Paste	
• 2 tablespoons Gram flour (besan) - roasted	
• 1/4 tablespoons Badam (Almond) - paste	
• 1/4 tablespoons Poppy seeds - paste	
• 2 tablespoons Coriander (Dhania) Leaves - finely chopped	
• Salt - as needed	
• 500 grams Mutton	
• 1-1/2 teaspoon Fennel Powder	
• 1 cup Curd (Dahi / Yogurt)	
• 1/2 cup Fresh cream	
• 2 tablespoons Ginger Garlic Paste	
• 1/2 cup Onions - thinly sliced and fried	
• 2 teaspoons Kashmiri Red Chilli Powder	
• 1 tablespoon Coriander Powder (Dhania)	
• 1/2 teaspoon Garam masala powder	
• 1 teaspoon Ajwain (Carom seeds)	
• 5 Cloves (Laung)	
• 4 Cardamom (Elaichi) Pods/Seeds	
• Saffron strands - a pinch	
• 1/2 cup Milk	
• 1 cup Whole Wheat Flour	
• Water - as required	



Preparation

- To begin making the Shab Deg recipe, firstly slowly add water into the whole wheat flour and make a tight dough.
- This dough is to seal the vessel.
- Once it is ready, keep it aside.
- Collect all the ingredients on your counter and do the preparations mentioned.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
550	35	40	25	5	8

