

Recipe Name: Dum Pukht Gosht Recipe - Slow Cooked Mutton Curry

Diet Type: Non-Vegetarian

Course: Lunch

Cuisine: Lucknowi

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 500 grams Mutton	4
• 1-1/2 cups Curd (Dahi / Yogurt)	
• 2 Cardamom (Elaichi) Pods/Seeds	
• 1 Brown cardamom (Badi Elaichi)	
• 1 teaspoon Black pepper corns	
• 4 Cloves (Laung)	
• 1 inch Cinnamon stick	
• 1 teaspoon Cumin (Jeera) seeds	
• 1 Onion - sliced	
• 8 cloves Garlic	
• 1 inch Ginger	
• 4 Green Chillies	
• 1-1/2 teaspoons Coriander (Dhania) Powder	
• 1 teaspoon Red Chilli powder	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1/2 teaspoon Garam masala powder	
• 1/4 cup Coriander (Dhania) Leaves	
• Ghee - for cooking	
• 2 cups Whole Wheat Flour	
• Water - for kneading	

Preparation

- Once the onions have started to turn golden brown add all the whole spices, black cardamom, green cardamom, cloves, cinnamon stick, peppercorn and saute till the spices release a nice aroma.
- Turn off the heat and let it cool.



- Once cooled add the caramelized onions and the whole spices to a mixer grinder.
- Add the garlic, ginger, green chillies and half the curd and grind to a smooth paste.
- You can marinate the meat longer to get maximum flavour in the dish.
- The dough should be a bit stiff, like how you knead for puris.
- Add the marinated mutton in the handi and saute for a few minutes till the marinated mutton leaves oil on the sides.
- This will take about 10 minutes.
- Add one glass of water and bring the Mutton gosht to a boil.
- This process of covering and sealing the lid with the dough is called "Dum Cooking" - a very slow cooking process that brings in flavours to the dish.
- After about one hour turn off the heat and remove the dough on the lid with the help of a kitchen knife.
- Give it a stir and adjust the salt accordingly.
- you can even serve it at your next dinner party.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
450	30	20	30	2	3