

Recipe Name: Parsi Salli Boti Recipe

Diet Type:

Course: Lunch

Cuisine: Parsi Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 800 grams Mutton • 2 Onions - finely chopped • 2 Tomatoes - pureed • 2 tablespoons Garlic - paste • 2 tablespoons Ginger - paste • 4 Green Chillies - (adjustable) • 1/2 cup Curd (Dahi / Yogurt) • 2 tablespoons Coriander Powder (Dhania) • 1/2 teaspoon Turmeric powder (Haldi) • 2 tablespoons Red Chilli powder • 2 Bay leaf (tej patta) • Salt - as required • Sunflower Oil - as required • 4 Black pepper powder • 4 Cloves (Laung) • 3 Cardamom (Elaichi) Pods/Seeds • 2 Black cardamom (Badi Elaichi) • 1/2 inch Cinnamon Stick (Dalchini) • 1/2 teaspoon Mace (Javitri) • 1/2 teaspoon Ajwain (Carom seeds) • 2 sprig Coriander (Dhania) Leaves - chopped • 1 cup Potato (Aloo) - fries	4

Preparation

- To begin making the Parsi Salli Boti recipe, wash mutton pieces nicely under running water, strain and keep aside in a mixing bowl.
- Add yogurt/curd along with ginger garlic paste, coriander powder, red chilli powder and turmeric.
- Season with salt and mix well.



- Add the curd mix to the mutton pieces and mix well such that everything incorporates well.
- Cover the marinade with a cling wrap and keep the bowl in the refrigerator for around 30 to 40 minutes.
- Heat oil in a thick bottomed pan or wok and add bay leaf.
- Now add chopped onions and saute till they are golden in colour.
- Add in the chopped tomatoes and mix well.
- Cook till the tomatoes soften and turn mushy.
- Take the mutton marinade and add in to the wok and ground spice mix.
- Stir well and fry till the texture becomes a little watery.
- Adjust salt if needed and also add more oil if required.
- Close the lid of the allow the mutton to cook in medium to low flames till it softens.
- This might take an hour or so.
- Once the mutton is cooked, turn the flames high and fry nicely till oil starts leaving the sides.
- Adjust the consistency of the gravy to semi liquid and give a boil again.
- Turn off the heat and garnish with plenty of potato fried and coriander.

Macronutrients

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