

**Recipe Name:** Attukal Soup Recipe | Paya Soup

**Diet Type:**

**Course:** Appetizer

**Cuisine:** Mughlai

**Quantity:**



## Ingredients

| Ingredient                                     | Quantity |
|------------------------------------------------|----------|
| • 2 Mutton legs - chopped into 2-4 inch pieces | 4        |
| • 10 cloves Garlic - crushed                   |          |
| • 1 Onion - chopped                            |          |
| • 1 teaspoon Cumin seeds (Jeera)               |          |
| • 2 teaspoons Black pepper powder              |          |
| • 1/4 cup Curry leaves                         |          |
| • Salt - to taste                              |          |
| • 1/2 teaspoon Turmeric powder (Haldi)         |          |
| • 2 teaspoons Gingelly oil                     |          |

## Preparation

- To prepare Attukal Soup Recipe | Paya Soup, wash the goat leg piece in warm water, drain and set aside.
- Saute the goat leg pieces and onions in 2 teaspoon gingelly oil and turmeric in a large pressure cooker.
- Grind the garlic, curry leaves, black pepper and jeera into a fine paste in the mixer jar.
- In olden days it would be ground with large pestle rock.
- Once it starts boiling, add salt accordingly and cook it for about 15 whistles or till softened and cooked.
- Once the steam is released by itself, let it come to a rolling boil again a couple of times.
- Serve Soup hot with 1-2 pieces of the goat leg in each serving with coriander leaves pudina garnishing.
- Serve Attukal Soup Recipe | Paya Soup as an appetiser or a light meal with pulao.

## Macronutrients



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

