

Mutton with whole black lentils (Kaali Dal Gosht)

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/dal-gosht-indian-recipe>

Ingredients:

- 1 1/2 cups black lentil whole, whole urad dal
- 1 onion large, sliced finely
- 1 inch ginger piece grated
- 8 garlic cloves crushed roughly
- 1 bay leaf large
- water
- dal
- 500 grams mutton boned, cut in cubes
- 2 onions medium, finely chopped
- 2 tomatoes large, finely chopped
- 2 teaspoons ginger garlic paste
- 5 tablespoons yoghurt whisked
- 1 stick cinnamon 2 inch size
- 12 black peppercorns
- 8 cloves
- 2 black cardamom
- 1 teaspoon cumin seeds
- 1 teaspoon red chili powder
- 3/4 teaspoon turmeric powder
- 1 1/2 teaspoons coriander powder
- 1 1/2 teaspoons garam masala powder
- 1 teaspoon cumin powder
- 1 teaspoon ginger juliennes
- 1 lemon
- 1 teaspoon kasuri methi crushed
- 3 green chilies slit, may vary as per preference
- 4 tablespoons oil
- 2 tablespoons ghee
- water as required
- salt as per taste

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 105 milligrams
4. Fat: 23 grams
5. Fiber: 9 grams
6. Protein: 33 grams
7. SaturatedFat: 3 grams
8. Sodium: 400 milligrams
9. Sugar: 9 grams

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