

Dal Gosht (Daal Gosht)

Yield: 6 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/daal-gosht-recipe-pakistani>

Ingredients:

- 750 grams lamb (mutton on bone)
- 3/4 cup toor dal split pigeon pea
- 3/4 cup masoor dal split red lentils
- 3 onions medium, finely sliced or chopped
- 2 medium tomatoes finely chopped
- 1 tablespoon garlic paste
- 3/4 tablespoon ginger paste
- 2 bay leaves
- 1/2 tablespoon coriander powder
- 2 teaspoons red chili powder
- 1 teaspoon turmeric powder
- 4 green chillies finely chopped or crushed
- 10 curry leaves
- 1 tablespoon mint leaves finely chopped, optional
- 1 lemon large
- water as needed
- salt as per taste
- 5 tablespoons oil
- 6 green cardamom
- 10 black peppercorns
- 2 inches cinnamon stick
- 8 cloves
- 2 black cardamom
- 1 1/2 teaspoons cumin seed
- 1 star anise
- 1 1/2 teaspoons fennel seeds
- 1 piece stone flower dagad phool,, optional
- 1 teaspoon cumin seeds
- 4 whole red chilies
- 5 garlic cloves chopped
- 1/2 teaspoon red chili powder
- 2 tablespoons ghee

Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 90 milligrams
4. Fat: 45 grams
5. Fiber: 20 grams
6. Protein: 36 grams
7. SaturatedFat: 14 grams
8. Sodium: 250 milligrams
9. Sugar: 6 grams

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