

Mutton Curry (Lamb Curry)

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-lollipop-lamb-marinated-in-yogurt-recipe>

Ingredients:

- 2 1/4 pounds lamb or Goat meat cut into medium sized uniform pieces
- 1 5/16 cups yogurt Thick
- 1 tablespoon ginger paste
- 1 tablespoon garlic paste
- 1 teaspoon black peppercorns
- 6 cloves
- 6 green cardamom
- 1 teaspoon turmeric powder
- 1 tablespoon red chili powder I have used Kashmiri red chili powder
- 1 tablespoon coriander powder
- 1/2 teaspoon garam masala powder
- salt to taste
- 1 1/2 teaspoons fennel seeds
- 1 mace blade
- 2 cardamoms Black
- 7 tablespoons oil or Ghee or a mix of both
- 2 cinnamon sticks 1 inch each
- 3 bay leaves
- 3 onions medium sized, finely sliced
- 3 tomatoes medium sized, chopped or grated or ground to puree
- 1 1/2 teaspoons cumin powder
- 1/2 teaspoon garam masala powder
- salt to taste
- water as needed
- 4 green chilies slit
- 1 teaspoon kasuri methi
- 1 teaspoon lemon juice
- coriander leaves as needed

Nutrition:

1. Calories: 1070 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 190 milligrams
4. Fat: 85 grams
5. Fiber: 7 grams
6. Protein: 49 grams
7. SaturatedFat: 28 grams
8. Sodium: 640 milligrams
9. Sugar: 12 grams

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