

Kashmiri Lamb Chops Curry (Indian Lamb Chops)

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-indian-lamb-chops-in-the-oven>

Ingredients:

- 4 lamb chops I'm using loin chops
- 2 tablespoons brown butter Ghee -
- 4 tablespoons oil to make the curry
- 2 teaspoons Garam Masala homemade or store bought
- 1/2 cup water
- 1 cup yogurt
- ginger paste
- garlic paste
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 bay leaf Small
- 1 teaspoon chili powder Kashmiri, you may use other mild red chili powder
- 1 teaspoon fennel seeds
- 6 green cardamom pods
- 5 cloves
- 1/4 cinnamon stick
- 6 almonds
- 1/4 teaspoon saffron

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 95 milligrams
4. Fat: 40 grams
5. Fiber: 6 grams
6. Protein: 24 grams

7. SaturatedFat: 14 grams
 8. Sodium: 290 milligrams
 9. Sugar: 3 grams
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