

Mutton Curry | Mutton Gravy | Mutton Masala

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/malaysian-mutton-curry-recipe>

Ingredients:

- 500 grams mutton with bone
- 2 tablespoons curd
- 2 green cardamoms
- 2 cloves
- 1 cinnamon stick approx 3 inches long
- 1 mace javitri petal
- 1/8 teaspoon grated nutmeg jaiphal
- 4 tablespoons mustard oil
- 1 bay leaf
- 1/8 teaspoon sugar
- 2 finely chopped onions medium size
- 1 teaspoon turmeric powder
- 1 teaspoon chilli powder
- 10 garlic cloves
- 1 1/2 inches ginger
- 1 tomato finely chopped, medium size
- salt to taste
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1/2 teaspoon kasuri methi
- 1/2 teaspoon garam masala powder freshly homemade
- 1 green chilli sliced
- 1 cup warm water
- 3 tablespoons coriander leaves finely chopped
- 1/2 teaspoon Garam Masala freshly made

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 105 milligrams
4. Fat: 4 grams
5. Fiber: 3 grams
6. Protein: 30 grams
7. SaturatedFat: 2 grams
8. Sodium: 290 milligrams
9. Sugar: 4 grams

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