

Kashmiri Rogan Josh

Yield: 4 min
Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/rogan-josh-pakistani-recipe>

Ingredients:

- 2 kilograms goat /lamb, shoulder cut,on the bone an ideal cut to use as it is slightly fatty and imparts great flavor
- 1 teaspoon fennel powder
- 1 teaspoon cinnamon
- 1 teaspoon cardamom powder green
- 1 teaspoon chili powder Kashmiri
- 1 teaspoon black pepper powder
- 750 kilograms yogurt thick full fat, whisked, enough to coat the meat
- 6 black cardamom bruised
- 16 green cardamom bruised
- 10 cloves
- 4 cinnamon stick broken in
- 3 bay leaf
- 1 3/4 teaspoons pepper corn black
- 2 1/2 teaspoons ginger powder
- 4 teaspoons chili powder Kashmiri
- 3/4 cup oil
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- 2 pinches asafetida only if you can find it gluten free